



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Schulz, Martina

□□: Meddys LWT Koblenz

□□: 100

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 12:29:45

□□: 8.00 km/h

□□□□: 7:30 min/km

□□□□□/□□□□: 46 (of 92)

□□□□□□/□: 11 (of 23)

□□□□□□: 9:51:19

□□□□□: 2(of 3)

□□□□□□□: 10:16:49

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |         |
|----------------|----------|-----------------|---------|---------|---------|---------|-------|-----------|------------------|---------|---------|---------|---------|---------|
| Südergellersen | 10.30    | 1:07:55         | 6:35    | 2       | 0:52    | 15      | 12:05 | 10.30     | 1:07:55          | 6:35    | 2       | 0:52    | 15      | 12:05   |
| Amelinghausen  | 13.80    | 1:35:06         | 6:53    | 2       | 24:22   | 15      | 24:28 | 24.10     | 2:43:01          | 6:45    | 2       | 25:14   | 15      | 32:00   |
| Schwindebeck   | 9.40     | 1:07:32         | 7:11    | 2       | 16:24   | 13      | 17:55 | 33.50     | 3:50:33          | 6:52    | 2       | 41:38   | 14      | 44:11   |
| Bispingen      | 8.90     | 1:05:30         | 7:21    | 2       | 14:49   | 13      | 18:47 | 42.40     | 4:56:03          | 6:58    | 2       | 56:27   | 14      | 1:02:03 |
| Overhaverbeck  | 10.80    | 1:24:45         | 7:50    | 2       | 19:03   | 12      | 21:15 | 53.20     | 6:20:48          | 7:09    | 2       | 1:15:30 | 13      | 1:23:18 |
| Undeloh        | 6.90     | 51:46           | 7:30    | 2       | 7:39    | 12      | 11:43 | 60.10     | 7:12:34          | 7:11    | 2       | 1:23:09 | 12      | 1:35:01 |
| Egestorf       | 9.20     | 1:11:14         | 7:44    | 2       | 9:12    | 11      | 14:55 | 69.30     | 8:23:48          | 7:16    | 2       | 1:32:21 | 12      | 1:49:56 |
| Salzhausen     | 10.70    | 1:30:55         | 8:29    | 2       | 19:11   | 12      | 24:29 | 80.00     | 9:54:43          | 7:26    | 2       | 1:51:32 | 12      | 2:12:51 |
| Südergellersen | 10.90    | 1:27:54         | 8:03    | 2       | 13:32   | 9       | 17:25 | 90.90     | 11:22:37         | 7:30    | 2       | 2:05:04 | 12      | 2:30:16 |
| Sülzwiesen     | 9.10     | 1:07:08         | 7:22    | 2       | 7:52    | 7       | 10:01 | 100.00    | 12:29:45         | 7:29    | 2       | 2:12:56 | 11      | 2:38:26 |