



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Meixner, Julia

□□: run for fun

□□: 126

□□: 100.00 km

Ultra-Marathon

□□□□:

Frauen (20-29 Jahre)

□□□: 12:40:06

□□: 7.89 km/h

□□□□: 7:36 min/km

□□□□□/□□□□: 47 (of 92)

□□□□□/□: 12 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 1)

□□□□□□□: 12:40:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:24	6:26	1	-	10	10:34	10.30	1:06:24	6:26	1	-	10	10:34	
Amelinghausen	13.80	1:29:26	6:28	1	-	9	18:48	24.10	2:35:50	6:27	1	-	10	24:49	
Schwindebeck	9.40	1:02:30	6:38	1	-	9	12:53	33.50	3:38:20	6:31	1	-	11	31:58	
Bispingen	8.90	1:03:17	7:06	1	-	12	16:34	42.40	4:41:37	6:38	1	-	11	47:37	
Overhaverbeck	10.80	1:14:14	6:52	1	-	7	10:44	53.20	5:55:51	6:41	1	-	10	58:21	
Undeloh	6.90	50:23	7:18	1	-	9	10:20	60.10	6:46:14	6:45	1	-	10	1:08:41	
Egestorf	9.20	1:17:17	8:24	1	-	12	20:58	69.30	8:03:31	6:58	1	-	10	1:29:39	
Salzhausen	10.70	1:30:54	8:29	1	-	11	24:28	80.00	9:34:25	7:10	1	-	11	1:52:33	
Südergellersen	10.90	1:40:10	9:11	1	-	12	29:41	90.90	11:14:35	7:25	1	-	11	2:22:14	
Sülzwiesen	9.10	1:25:31	9:23	1	-	17	28:24	100.00	12:40:06	7:36	1	-	12	2:48:47	