



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Eigenbrodt, Arne

□□: Laufend-frisch.de

□□: 20

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 12:46:24

□□: 7.83 km/h

□□□□: 7:40 min/km

□□□□□/□□□□: 48 (of 92)

□□□□□/□: 36 (of 69)

□□□□□□: 8:30:22

□□□□□: 12(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:42	5:59	8	6:17	27	6:17	10.30	1:01:42	5:59	8	6:17	27	6:17
Amelinghausen	13.80	1:22:10	5:57	11	15:56	28	20:54	24.10	2:23:52	5:58	11	11:56	31	20:26
Schwindebeck	9.40	1:00:41	6:27	10	14:30	31	17:36	33.50	3:24:33	6:06	13	25:32	36	33:08
Bispingen	8.90	1:02:26	7:00	14	16:22	37	21:33	42.40	4:26:59	6:17	13	41:54	35	54:08
Overhaverbeck	10.80	1:31:52	8:30	14	32:02	45	41:43	53.20	5:58:51	6:44	14	1:13:56	40	1:35:51
Undeloh	6.90	58:15	8:26	14	19:33	45	24:57	60.10	6:57:06	6:56	15	1:33:29	40	2:00:48
Egestorf	9.20	1:19:09	8:36	14	24:47	44	31:22	69.30	8:16:15	7:09	13	1:58:16	38	2:32:10
Salzhausen	10.70	1:32:55	8:41	13	31:36	39	35:35	80.00	9:49:10	7:21	13	2:29:52	37	3:05:43
Südergellersen	10.90	1:38:15	9:00	11	31:16	35	39:34	90.90	11:27:25	7:33	13	3:01:08	38	3:41:23
Sülzwiesen	9.10	1:18:59	8:40	12	22:21	40	34:39	100.00	12:46:24	7:39	12	3:23:29	36	4:16:02