



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Voß, Ingo

□□: BSV Laufwerk Hamburg

□□: 115

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 12:46:24

□□: 7.83 km/h

□□□□: 7:40 min/km

□□□□□/□□□□: 49 (of 92)

□□□□□/□: 36 (of 69)

□□□□□□: 8:30:22

□□□□□: 12(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	55:49	5:25	2	0:24	2	0:24	10.30	55:49	5:25	2	0:24	2	0:24	
Amelinghausen	13.80	1:19:27	5:45	9	13:13	25	18:11	24.10	2:15:16	5:36	4	3:20	10	11:50	
Schwindebeck	9.40	1:01:35	6:33	12	15:24	33	18:30	33.50	3:16:51	5:52	10	17:50	25	25:26	
Bispingen	8.90	1:08:43	7:43	16	22:39	45	27:50	42.40	4:25:34	6:15	12	40:29	33	52:43	
Overhaverbeck	10.80	1:36:25	8:55	17	36:35	58	46:16	53.20	6:01:59	6:48	16	1:17:04	43	1:38:59	
Undeloh	6.90	52:06	7:33	11	13:24	27	18:48	60.10	6:54:05	6:53	14	1:30:28	38	1:57:47	
Egestorf	9.20	1:27:39	9:31	15	33:17	54	39:52	69.30	8:21:44	7:14	14	2:03:45	40	2:37:39	
Salzhausen	10.70	1:26:30	8:05	11	25:11	30	29:10	80.00	9:48:14	7:21	12	2:28:56	36	3:04:47	
Südergellersen	10.90	1:39:08	9:05	12	32:09	37	40:27	90.90	11:27:22	7:33	12	3:01:05	37	3:41:20	
Sülzwiesen	9.10	1:19:02	8:41	13	22:24	41	34:42	100.00	12:46:24	7:39	12	3:23:29	36	4:16:02	