



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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**Amberger, Andreas**

□□: Lauf Team Unna / DUV

□□: 2

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:48:35

□□: 7.81 km/h

□□□□: 7:41 min/km

□□□□□/□□□: 50 (of 92)

□□□□□/□: 38 (of 69)

□□□□□□: 8:30:22

□□□□□: 10(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:20	5:57	7	2:32	26	5:55	10.30	1:01:20	5:57	7	2:32	26	5:55
Amelinghausen	13.80	1:23:04	6:01	6	21:48	32	21:48	24.10	2:24:24	5:59	6	16:34	32	20:58
Schwindebeck	9.40	1:06:03	7:01	8	22:28	41	22:58	33.50	3:30:27	6:16	9	39:02	38	39:02
Bispingen	8.90	1:10:01	7:52	13	19:08	49	29:08	42.40	4:40:28	6:36	9	40:53	41	1:07:37
Overhaverbeck	10.80	1:29:27	8:16	12	25:20	43	39:18	53.20	6:09:55	6:57	10	1:44:24	45	1:46:55
Undeloh	6.90	52:38	7:37	9	17:46	31	19:20	60.10	7:02:33	7:01	10	2:02:10	41	2:06:15
Egestorf	9.20	1:17:02	8:22	13	27:24	41	29:15	69.30	8:19:35	7:12	10	2:29:34	39	2:35:30
Salzhausen	10.70	1:30:38	8:28	7	33:18	35	33:18	80.00	9:50:13	7:22	10	3:02:52	38	3:06:46
Südergellersen	10.90	1:40:28	9:13	13	41:47	40	41:47	90.90	11:30:41	7:35	10	3:44:39	39	3:44:39
Sülzwiesen	9.10	1:17:54	8:33	11	33:34	38	33:34	100.00	12:48:35	7:41	10	4:18:13	38	4:18:13