



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Bonnemann, Detlef

□□: Burgwedel OT Wettmar

□□: 8

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:50:53

□□: 7.78 km/h

□□□□: 7:43 min/km

□□□□□/□□□: 51 (of 92)

□□□□□/□: 39 (of 69)

□□□□□□: 8:30:22

□□□□□: 11(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:09:39	6:45	14	10:51	57	14:14	10.30	1:09:39	6:45	14	10:51	57	14:14
Amelinghausen	13.80	1:31:24	6:37	9	30:08	45	30:08	24.10	2:41:03	6:40	9	33:13	45	37:37
Schwindebeck	9.40	1:07:45	7:12	10	24:10	43	24:40	33.50	3:48:48	6:49	11	57:23	50	57:23
Bispingen	8.90	1:05:19	7:20	10	14:26	42	24:26	42.40	4:54:07	6:56	10	54:32	46	1:21:16
Overhaverbeck	10.80	1:25:16	7:53	11	21:09	39	35:07	53.20	6:19:23	7:07	11	1:53:52	48	1:56:23
Undeloh	6.90	54:00	7:49	11	19:08	34	20:42	60.10	7:13:23	7:12	11	2:13:00	45	2:17:05
Egestorf	9.20	1:14:01	8:02	10	24:23	35	26:14	69.30	8:27:24	7:19	11	2:37:23	43	2:43:19
Salzhausen	10.70	1:33:10	8:42	11	35:50	40	35:50	80.00	10:00:34	7:30	11	3:13:13	40	3:17:07
Südergellersen	10.90	1:35:47	8:47	10	37:06	32	37:06	90.90	11:36:21	7:39	11	3:50:19	40	3:50:19
Sülzwiesen	9.10	1:14:32	8:11	10	30:12	35	30:12	100.00	12:50:53	7:42	11	4:20:31	39	4:20:31