



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Riebesehl, Jens

□□: Team Dickfeitzen

□□: 88

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 13:06:48

□□: 7.63 km/h

□□□□: 7:52 min/km

□□□□□/□□□□: 52 (of 92)

□□□□□/□: 40 (of 69)

□□□□□□: 8:30:22

□□□□□: 12(of 17)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:47	6:52	16	11:59	59	15:22	10.30	1:10:47	6:52	16	11:59	59	15:22
Amelinghausen	13.80	1:38:30	7:08	13	37:14	54	37:14	24.10	2:49:17	7:01	14	41:27	54	45:51
Schwindebeck	9.40	1:06:42	7:05	9	23:07	42	23:37	33.50	3:55:59	7:02	13	1:04:34	55	1:04:34
Bispingen	8.90	1:04:31	7:14	9	13:38	41	23:38	42.40	5:00:30	7:05	11	1:00:55	47	1:27:39
Overhaverbeck	10.80	1:22:53	7:40	8	18:46	35	32:44	53.20	6:23:23	7:12	12	1:57:52	50	2:00:23
Undeloh	6.90	56:23	8:10	12	21:31	38	23:05	60.10	7:19:46	7:19	12	2:19:23	47	2:23:28
Egestorf	9.20	1:14:32	8:06	12	24:54	39	26:45	69.30	8:34:18	7:25	12	2:44:17	45	2:50:13
Salzhausen	10.70	1:33:28	8:44	12	36:08	41	36:08	80.00	10:07:46	7:35	13	3:20:25	43	3:24:19
Südergellersen	10.90	1:38:09	9:00	12	39:28	34	39:28	90.90	11:45:55	7:45	12	3:59:53	41	3:59:53
Sülzwiesen	9.10	1:20:53	8:53	12	36:33	44	36:33	100.00	13:06:48	7:52	12	4:36:26	40	4:36:26