



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Klasing, Jörg

□□: TSG Sulzbach
 □□: 47

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 13:09:55

□□: 7.60 km/h
 □□□□: 7:54 min/km

□□□□□/□□□: 53 (of 92)

□□□□□/□: 41 (of 69)

□□□□□□: 8:30:22

□□□□□: 13(of 17)

□□□□□□□: 8:30:22

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 1:11:05 | 6:54 | 17 | 12:17 | 61 | 15:40 | 10.30 | 1:11:05 | 6:54 | 17 | 12:17 | 61 | 15:40 |
| Amelinghausen | 13.80 | 1:38:41 | 7:09 | 14 | 37:25 | 55 | 37:25 | 24.10 | 2:49:46 | 7:02 | 15 | 41:56 | 55 | 46:20 |
| Schwindebeck | 9.40 | 1:08:45 | 7:18 | 11 | 25:10 | 44 | 25:40 | 33.50 | 3:58:31 | 7:07 | 14 | 1:07:06 | 56 | 1:07:06 |
| Bispingen | 8.90 | 1:06:32 | 7:28 | 11 | 15:39 | 44 | 25:39 | 42.40 | 5:05:03 | 7:11 | 13 | 1:05:28 | 51 | 1:32:12 |
| Overhaverbeck | 10.80 | 1:24:23 | 7:48 | 10 | 20:16 | 37 | 34:14 | 53.20 | 6:29:26 | 7:19 | 13 | 2:03:55 | 52 | 2:06:26 |
| Undeloh | 6.90 | 52:32 | 7:36 | 8 | 17:40 | 30 | 19:14 | 60.10 | 7:21:58 | 7:21 | 13 | 2:21:35 | 48 | 2:25:40 |
| Egestorf | 9.20 | 1:12:50 | 7:55 | 9 | 23:12 | 32 | 25:03 | 69.30 | 8:34:48 | 7:25 | 13 | 2:44:47 | 46 | 2:50:43 |
| Salzhausen | 10.70 | 1:31:32 | 8:33 | 10 | 34:12 | 38 | 34:12 | 80.00 | 10:06:20 | 7:34 | 12 | 3:18:59 | 41 | 3:22:53 |
| Südergellersen | 10.90 | 1:40:31 | 9:13 | 14 | 41:50 | 41 | 41:50 | 90.90 | 11:46:51 | 7:46 | 13 | 4:00:49 | 42 | 4:00:49 |
| Sülzwiesen | 9.10 | 1:23:04 | 9:07 | 13 | 38:44 | 45 | 38:44 | 100.00 | 13:09:55 | 7:53 | 13 | 4:39:33 | 41 | 4:39:33 |