



## 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