



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Heitfeldt, Ulrich

□□: 100 Marathon Club

□□: 31

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 13:39:58

□□: 7.32 km/h

□□□□: 8:12 min/km

□□□□□/□□□□: 55 (of 92)

□□□□□/□: 43 (of 69)

□□□□□□: 8:30:22

□□□□□: 5 (of 6)

□□□□□□□: 11:45:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:05	6:13	4	5:02	39	8:40	10.30	1:04:05	6:13	4	5:02	39	8:40	
Amelinghausen	13.80	1:30:54	6:35	3	10:44	43	29:38	24.10	2:34:59	6:25	4	15:46	42	31:33	
Schwindebeck	9.40	1:05:26	6:57	5	8:49	40	22:21	33.50	3:40:25	6:34	4	24:35	46	49:00	
Bispingen	8.90	1:08:51	7:44	4	14:46	46	27:58	42.40	4:49:16	6:49	3	39:21	43	1:16:25	
Overhaverbeck	10.80	1:27:19	8:05	4	11:57	41	37:10	53.20	6:16:35	7:04	4	51:18	46	1:53:35	
Undeloh	6.90	58:13	8:26	5	6:10	43	24:55	60.10	7:14:48	7:14	5	54:03	46	2:18:30	
Egestorf	9.20	1:25:31	9:17	5	16:08	50	37:44	69.30	8:40:19	7:30	5	1:06:17	47	2:56:14	
Salzhausen	10.70	1:42:03	9:32	5	23:09	49	44:43	80.00	10:22:22	7:46	5	1:29:26	44	3:38:55	
Südergellersen	10.90	1:52:07	10:17	5	20:24	54	53:26	90.90	12:14:29	8:04	5	1:38:21	44	4:28:27	
Sülzwiesen	9.10	1:25:29	9:23	5	18:30	49	41:09	100.00	13:39:58	8:11	5	1:54:10	43	5:09:36	