



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Struzak, Bernd

□□: berlin-runner.de

□□: 107

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M75 (75 und älter)

□□□: 13:40:01

□□: 7.32 km/h

□□□□: 8:12 min/km

□□□□□/□□□□: 56 (of 92)

□□□□□/□: 44 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 1)

□□□□□□□: 13:40:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:54	6:53	1	-	60	15:29	10.30	1:10:54	6:53	1	-	60	15:29	
Amelinghausen	13.80	1:37:09	7:02	1	-	52	35:53	24.10	2:48:03	6:58	1	-	51	44:37	
Schwindebeck	9.40	1:17:33	8:15	1	-	55	34:28	33.50	4:05:36	7:19	1	-	59	1:14:11	
Bispingen	8.90	1:12:26	8:08	1	-	51	31:33	42.40	5:18:02	7:30	1	-	56	1:45:11	
Overhaverbeck	10.80	1:35:57	8:53	1	-	55	45:48	53.20	6:53:59	7:46	1	-	57	2:30:59	
Undeloh	6.90	56:34	8:11	1	-	39	23:16	60.10	7:50:33	7:49	1	-	55	2:54:15	
Egestorf	9.20	1:17:18	8:24	1	-	42	29:31	69.30	9:07:51	7:54	1	-	52	3:23:46	
Salzhausen	10.70	1:37:24	9:06	1	-	43	40:04	80.00	10:45:15	8:03	1	-	46	4:01:48	
Südergellersen	10.90	1:40:08	9:11	1	-	39	41:27	90.90	12:25:23	8:12	1	-	46	4:39:21	
Sülzwiesen	9.10	1:14:38	8:12	1	-	36	30:18	100.00	13:40:01	8:12	1	-	44	5:09:39	