



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Rautenberg, Stefan

□□: Team Rauti

□□: 84

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 13:54:24

□□: 7.19 km/h

□□□□: 8:20 min/km

□□□□□/□□□□: 57 (of 92)

□□□□□/□: 45 (of 69)

□□□□□□: 8:30:22

□□□□□: 14(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:27	6:27	10	7:39	44	11:02	10.30	1:06:27	6:27	10	7:39	44	11:02
Amelinghausen	13.80	1:35:00	6:53	10	33:44	49	33:44	24.10	2:41:27	6:41	10	33:37	46	38:01
Schwindebeck	9.40	1:10:49	7:32	12	27:14	47	27:44	33.50	3:52:16	6:56	12	1:00:51	53	1:00:51
Bispingen	8.90	1:09:05	7:45	12	18:12	47	28:12	42.40	5:01:21	7:06	12	1:01:46	48	1:28:30
Overhaverbeck	10.80	1:35:32	8:50	15	31:25	53	45:23	53.20	6:36:53	7:27	14	2:11:22	54	2:13:53
Undeloh	6.90	1:04:24	9:20	17	29:32	57	31:06	60.10	7:41:17	7:40	14	2:40:54	52	2:44:59
Egestorf	9.20	1:29:15	9:42	16	39:37	56	41:28	69.30	9:10:32	7:56	15	3:20:31	53	3:26:27
Salzhausen	10.70	1:42:20	9:33	15	45:00	50	45:00	80.00	10:52:52	8:09	15	4:05:31	50	4:09:25
Südergellersen	10.90	1:28:04	8:04	5	29:23	19	29:23	90.90	12:20:56	8:09	14	4:34:54	45	4:34:54
Sülzwiesen	9.10	1:33:28	10:16	16	49:08	52	49:08	100.00	13:54:24	8:20	14	5:24:02	45	5:24:02