



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

0000

Braun, Andreas

00: SG Zons

00: 9

00: 100.00 km

Ultra-Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 13:56:15

00: 7.17 km/h

0000: 8:22 min/km

00000/000: 58 (of 92)

00000/0: 46 (of 69)

000000: 8:30:22

00000: 5(of 8)

0000000: 10:36:50

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Südergellersen	10.30	1:05:38	6:22	5	9:41	43	10:13	10.30	1:05:38	6:22	5	9:41	43	10:13
Amelinghausen	13.80	1:30:11	6:32	5	17:46	42	28:55	24.10	2:35:49	6:27	5	20:35	43	32:23
Schwindebeck	9.40	1:12:09	7:40	6	18:25	49	29:04	33.50	3:47:58	6:48	5	37:25	49	56:33
Bispingen	8.90	1:13:59	8:18	6	23:36	55	33:06	42.40	5:01:57	7:07	5	1:01:01	50	1:29:06
Overhaverbeck	10.80	1:27:19	8:05	6	35:37	41	37:10	53.20	6:29:16	7:19	6	1:27:42	51	2:06:16
Undeloh	6.90	1:10:42	10:14	7	29:13	62	37:24	60.10	7:39:58	7:39	5	1:53:30	50	2:43:40
Egestorf	9.20	1:23:16	9:03	5	22:33	46	35:29	69.30	9:03:14	7:50	5	2:16:03	49	3:19:09
Salzhausen	10.70	1:43:27	9:40	6	29:35	53	46:07	80.00	10:46:41	8:05	5	2:41:06	47	4:03:14
Südergellersen	10.90	1:49:37	10:03	7	27:22	52	50:56	90.90	12:36:18	8:19	5	3:06:30	47	4:50:16
Sülzwiesen	9.10	1:19:57	8:47	7	13:58	42	35:37	100.00	13:56:15	8:21	5	3:19:25	46	5:25:53