



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Gersbeck, Ingo

□□: Berlin Runners

□□: 22

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 13:57:39

□□: 7.16 km/h

□□□□: 8:23 min/km

□□□□□/□□□: 60 (of 92)

□□□□□/□: 47 (of 69)

□□□□□□: 8:30:22

□□□□□: 6(of 8)

□□□□□□□: 10:36:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:08:55	6:41	7	12:58	56	13:30	10.30	1:08:55	6:41	7	12:58	56	13:30	
Amelinghausen	13.80	1:33:50	6:47	6	21:25	48	32:34	24.10	2:42:45	6:45	6	27:31	49	39:19	
Schwindebeck	9.40	1:11:37	7:37	5	17:53	48	28:32	33.50	3:54:22	6:59	6	43:49	54	1:02:57	
Bispingen	8.90	1:17:24	8:41	7	27:01	60	36:31	42.40	5:11:46	7:21	6	1:10:50	53	1:38:55	
Overhaverbeck	10.80	1:42:13	9:27	8	50:31	62	52:04	53.20	6:53:59	7:46	7	1:52:25	57	2:30:59	
Undeloh	6.90	1:01:03	8:50	6	19:34	51	27:45	60.10	7:55:02	7:54	6	2:08:34	57	2:58:44	
Egestorf	9.20	1:25:20	9:16	6	24:37	49	37:33	69.30	9:20:22	8:05	6	2:33:11	55	3:36:17	
Salzhausen	10.70	1:36:08	8:59	5	22:16	42	38:48	80.00	10:56:30	8:12	6	2:50:55	52	4:13:03	
Südergellersen	10.90	1:42:34	9:24	5	20:19	43	43:53	90.90	12:39:04	8:21	6	3:09:16	49	4:53:02	
Sülzwiesen	9.10	1:18:35	8:38	6	12:36	39	34:15	100.00	13:57:39	8:22	6	3:20:49	47	5:27:17	