



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

□□□□

Jendro, Steffi

□□: Berlin Runners
 □□: 39

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 13:57:38

□□: 7.16 km/h
 □□□□: 8:23 min/km

□□□□□/□□□□: 59 (of 92)

□□□□□/□: 13 (of 23)

□□□□□□: 9:51:19

□□□□□: 3(of 5)

□□□□□□□: 10:14:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:08:55	6:41	4	13:05	16	13:05	10.30	1:08:55	6:41	4	13:05	16	13:05	
Amelinghausen	13.80	1:33:49	6:47	4	18:38	13	23:11	24.10	2:42:44	6:45	4	31:43	14	31:43	
Schwindebeck	9.40	1:11:39	7:37	4	16:18	16	22:02	33.50	3:54:23	6:59	4	48:01	17	48:01	
Bispingen	8.90	1:17:24	8:41	5	23:39	20	30:41	42.40	5:11:47	7:21	4	1:11:40	18	1:17:47	
Overhaverbeck	10.80	1:41:52	9:25	4	29:31	18	38:22	53.20	6:53:39	7:46	4	1:41:11	17	1:56:09	
Undeloh	6.90	1:01:23	8:53	4	15:53	17	21:20	60.10	7:55:02	7:54	3	1:57:04	16	2:17:29	
Egestorf	9.20	1:25:19	9:16	3	24:42	13	29:00	69.30	9:20:21	8:05	3	2:21:46	16	2:46:29	
Salzhausen	10.70	1:36:15	8:59	3	29:49	13	29:49	80.00	10:56:36	8:12	3	2:51:35	14	3:14:44	
Südergellersen	10.90	1:42:26	9:23	3	30:00	13	31:57	90.90	12:39:02	8:21	3	3:21:35	13	3:46:41	
Sülzwiesen	9.10	1:18:36	8:38	3	21:29	14	21:29	100.00	13:57:38	8:22	3	3:43:04	13	4:06:19	