



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Glaesner, Norbert

□□: AWO-Lauftreff Dortmund

□□: 24

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:02:40

□□: 7.12 km/h

□□□□: 8:26 min/km

□□□□□/□□□□: 61 (of 92)

□□□□□/□: 48 (of 69)

□□□□□□: 8:30:22

□□□□□: 15(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:07	6:48	15	11:19	58	14:42	10.30	1:10:07	6:48	15	11:19	58	14:42	
Amelinghausen	13.80	1:37:59	7:06	12	36:43	53	36:43	24.10	2:48:06	6:58	12	40:16	52	44:40	
Schwindebeck	9.40	1:14:19	7:54	13	30:44	53	31:14	33.50	4:02:25	7:14	16	1:11:00	58	1:11:00	
Bispingen	8.90	1:10:33	7:55	14	19:40	50	29:40	42.40	5:12:58	7:22	14	1:13:23	54	1:40:07	
Overhaverbeck	10.80	1:34:58	8:47	14	30:51	51	44:49	53.20	6:47:56	7:40	15	2:22:25	56	2:24:56	
Undeloh	6.90	53:54	7:48	10	19:02	33	20:36	60.10	7:41:50	7:41	15	2:41:27	54	2:45:32	
Egestorf	9.20	1:23:08	9:02	14	33:30	45	35:21	69.30	9:04:58	7:51	14	3:14:57	50	3:20:53	
Salzhausen	10.70	1:42:26	9:34	16	45:06	52	45:06	80.00	10:47:24	8:05	14	4:00:03	48	4:03:57	
Südergellersen	10.90	1:49:20	10:01	16	50:39	51	50:39	90.90	12:36:44	8:19	15	4:50:42	48	4:50:42	
Sülzwiesen	9.10	1:25:56	9:26	14	41:36	50	41:36	100.00	14:02:40	8:25	15	5:32:18	48	5:32:18	