



2. Lüneburger Heidelauf Lüneburg / 15.06.2019

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Tegge-Walderstein, Monika

□□: Husky-Mix-Team Norderstedt

□□: 108

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 14:06:28

□□: 7.09 km/h

□□□□: 8:28 min/km

□□□□□/□□□□: 62 (of 92)

□□□□□□/□: 14 (of 23)

□□□□□□: 9:51:19

□□□□□: 1(of 1)

□□□□□□□: 14:06:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:02:33	6:04	1	-	7	6:43	10.30	1:02:33	6:04	1	-	7	6:43
Amelinghausen	13.80	1:36:25	6:59	1	-	16	25:47	24.10	2:38:58	6:35	1	-	12	27:57
Schwindebeck	9.40	1:13:54	7:51	1	-	17	24:17	33.50	3:52:52	6:57	1	-	16	46:30
Bispingen	8.90	1:11:34	8:02	1	-	17	24:51	42.40	5:04:26	7:10	1	-	16	1:10:26
Overhaverbeck	10.80	1:34:31	8:45	1	-	13	31:01	53.20	6:38:57	7:29	1	-	15	1:41:27
Undeloh	6.90	1:03:44	9:14	1	-	18	23:41	60.10	7:42:41	7:41	1	-	14	2:05:08
Egestorf	9.20	1:32:34	10:03	1	-	18	36:15	69.30	9:15:15	8:00	1	-	14	2:41:23
Salzhausen	10.70	1:43:21	9:39	1	-	15	36:55	80.00	10:58:36	8:13	1	-	15	3:16:44
Südergellersen	10.90	1:52:04	10:16	1	-	17	41:35	90.90	12:50:40	8:28	1	-	15	3:58:19
Sülzwiesen	9.10	1:15:48	8:19	1	-	13	18:41	100.00	14:06:28	8:27	1	-	14	4:15:09