



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Ott, Stefan

□□: RLT Rodgau

□□: 75

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 14:08:18

□□: 7.07 km/h

□□□□: 8:29 min/km

□□□□□/□□□: 64 (of 92)

□□□□□/□: 49 (of 69)

□□□□□□: 8:30:22

□□□□□: 7(of 8)

□□□□□□□: 10:36:50

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:14:48	7:15	8	18:51	62	19:23	10.30	1:14:48	7:15	8	18:51	62	19:23	
Amelinghausen	13.80	1:38:51	7:09	7	26:26	56	37:35	24.10	2:53:39	7:12	7	38:25	57	50:13	
Schwindebeck	9.40	1:18:50	8:23	7	25:06	56	35:45	33.50	4:12:29	7:32	8	1:01:56	61	1:21:04	
Bispingen	8.90	1:13:13	8:13	5	22:50	52	32:20	42.40	5:25:42	7:40	7	1:24:46	57	1:52:51	
Overhaverbeck	10.80	1:35:50	8:52	7	44:08	54	45:41	53.20	7:01:32	7:55	8	1:59:58	60	2:38:32	
Undeloh	6.90	58:22	8:27	5	16:53	46	25:04	60.10	7:59:54	7:59	7	2:13:26	58	3:03:36	
Egestorf	9.20	1:26:26	9:23	7	25:43	52	38:39	69.30	9:26:20	8:10	7	2:39:09	57	3:42:15	
Salzhausen	10.70	1:45:47	9:53	7	31:55	56	48:27	80.00	11:12:07	8:24	7	3:06:32	54	4:28:40	
Südergellersen	10.90	1:43:08	9:27	6	20:53	44	44:27	90.90	12:55:15	8:31	7	3:25:27	52	5:09:13	
Sülzwiesen	9.10	1:13:03	8:01	5	7:04	34	28:43	100.00	14:08:18	8:28	7	3:31:28	49	5:37:56	