



## 2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hoffmann, Kiki

□□: -  
□□: 35

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Seniorinnen W40 (40-44 Jahre)

□□□: 14:08:40

□□: 7.07 km/h  
□□□□: 8:29 min/km

□□□□□/□□□□: 66 (of 92)

□□□□□/□: 16 (of 23)

□□□□□□: 9:51:19

□□□□□: 2(of 3)

□□□□□□□: 11:54:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:28	6:27	2	3:43	11	10:38	10.30	1:06:28	6:27	2	3:43	11	10:38	
Amelinghausen	13.80	1:35:00	6:53	2	14:46	14	24:22	24.10	2:41:28	6:41	2	18:29	13	30:27	
Schwindebeck	9.40	1:10:49	7:32	2	12:19	15	21:12	33.50	3:52:17	6:56	2	30:48	15	45:55	
Bispingen	8.90	1:09:05	7:45	2	11:06	15	22:22	42.40	5:01:22	7:06	2	41:54	15	1:07:22	
Overhaverbeck	10.80	1:35:34	8:50	2	20:00	14	32:04	53.20	6:36:56	7:27	2	1:01:54	14	1:39:26	
Undeloh	6.90	1:04:25	9:20	2	15:19	19	24:22	60.10	7:41:21	7:40	2	1:17:13	13	2:03:48	
Egestorf	9.20	1:29:19	9:42	2	24:23	15	33:00	69.30	9:10:40	7:56	2	1:41:36	13	2:36:48	
Salzhausen	10.70	1:44:42	9:47	2	24:36	17	38:16	80.00	10:55:22	8:11	2	2:06:12	13	3:13:30	
Südergellersen	10.90	1:52:56	10:21	1	-	18	42:27	90.90	12:48:18	8:27	2	1:56:29	14	3:55:57	
Sülzwiesen	9.10	1:20:22	8:49	2	18:09	15	23:15	100.00	14:08:40	8:29	2	2:14:38	16	4:17:21	