



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hellmann, Marco

□□: Triabolos Hamburg e.V.

□□: 32

□□: 100.00 km

Ultra-Marathon

□□□□:

Männer (20-29 Jahre)

□□□: 14:14:45

□□: 7.02 km/h

□□□□: 8:33 min/km

□□□□□/□□□□: 67 (of 92)

□□□□□/□: 51 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 1)

□□□□□□□: 14:14:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:59	6:12	1	-	37	8:34	10.30	1:03:59	6:12	1	-	37	8:34	
Amelinghausen	13.80	1:32:37	6:42	1	-	46	31:21	24.10	2:36:36	6:29	1	-	44	33:10	
Schwindebeck	9.40	1:12:49	7:44	1	-	50	29:44	33.50	3:49:25	6:50	1	-	51	58:00	
Bispingen	8.90	1:16:37	8:36	1	-	58	35:44	42.40	5:06:02	7:13	1	-	52	1:33:11	
Overhaverbeck	10.80	1:34:01	8:42	1	-	49	43:52	53.20	6:40:03	7:31	1	-	55	2:17:03	
Undeloh	6.90	1:00:37	8:47	1	-	50	27:19	60.10	7:40:40	7:39	1	-	51	2:44:22	
Egestorf	9.20	1:25:00	9:14	1	-	48	37:13	69.30	9:05:40	7:52	1	-	51	3:21:35	
Salzhausen	10.70	1:45:19	9:50	1	-	55	47:59	80.00	10:50:59	8:08	1	-	49	4:07:32	
Südergellersen	10.90	1:48:29	9:57	1	-	49	49:48	90.90	12:39:28	8:21	1	-	50	4:53:26	
Sülzwiesen	9.10	1:35:17	10:28	1	-	53	50:57	100.00	14:14:45	8:32	1	-	51	5:44:23	