



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Hoffmann, Jens

□□: ULTRARUNNER-Team.de

□□: 34

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:30:16

□□: 6.89 km/h

□□□□: 8:42 min/km

□□□□□/□□□□: 68 (of 92)

□□□□□/□: 52 (of 69)

□□□□□□: 8:30:22

□□□□□: 16(of 17)

□□□□□□□: 8:30:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:40	6:34	12	8:52	53	12:15	10.30	1:07:40	6:34	12	8:52	53	12:15	
Amelinghausen	13.80	1:41:03	7:19	15	39:47	57	39:47	24.10	2:48:43	7:00	13	40:53	53	45:17	
Schwindebeck	9.40	1:24:34	8:59	15	40:59	59	41:29	33.50	4:13:17	7:33	17	1:21:52	62	1:21:52	
Bispingen	8.90	1:13:45	8:17	15	22:52	54	32:52	42.40	5:27:02	7:42	16	1:27:27	58	1:54:11	
Overhaverbeck	10.80	1:41:30	9:23	17	37:23	61	51:21	53.20	7:08:32	8:03	17	2:43:01	61	2:45:32	
Undeloh	6.90	58:13	8:26	13	23:21	43	24:55	60.10	8:06:45	8:05	17	3:06:22	59	3:10:27	
Egestorf	9.20	1:31:40	9:57	17	42:02	59	43:53	69.30	9:38:25	8:20	17	3:48:24	58	3:54:20	
Salzhausen	10.70	1:39:36	9:18	13	42:16	46	42:16	80.00	11:18:01	8:28	17	4:30:40	55	4:34:34	
Südergellersen	10.90	1:46:05	9:43	15	47:24	47	47:24	90.90	13:04:06	8:37	17	5:18:04	54	5:18:04	
Sülzwiesen	9.10	1:26:10	9:28	15	41:50	51	41:50	100.00	14:30:16	8:42	16	5:59:54	52	5:59:54	