



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Drissen, Kathrin

□□: Die dicken Kinder von Kronsforde
 □□: 18

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 14:41:29

□□: 6.81 km/h
 □□□□: 8:49 min/km

□□□□□/□□□□: 70 (of 92)

□□□□□/□: 17 (of 23)

□□□□□□: 9:51:19

□□□□□: 4(of 5)

□□□□□□□: 10:37:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:48	6:52	4	11:29	17	14:58	10.30	1:10:48	6:52	4	11:29	17	14:58
Amelinghausen	13.80	1:36:41	7:00	5	16:27	17	26:03	24.10	2:47:29	6:56	5	27:56	17	36:28
Schwindebeck	9.40	1:07:51	7:13	5	10:52	14	18:14	33.50	3:55:20	7:01	5	38:48	18	48:58
Bispingen	8.90	1:09:57	7:51	5	15:47	16	23:14	42.40	5:05:17	7:12	5	54:35	17	1:11:17
Overhaverbeck	10.80	1:41:12	9:22	4	32:10	17	37:42	53.20	6:46:29	7:38	4	1:26:45	16	1:48:59
Undeloh	6.90	56:55	8:14	4	14:58	13	16:52	60.10	7:43:24	7:42	4	1:41:43	15	2:05:51
Egestorf	9.20	1:32:16	10:01	4	33:40	16	35:57	69.30	9:15:40	8:01	4	2:15:23	15	2:41:48
Salzhausen	10.70	1:44:01	9:43	4	35:43	16	37:35	80.00	10:59:41	8:14	4	2:51:06	16	3:17:49
Südergellersen	10.90	1:51:37	10:14	4	30:09	16	41:08	90.90	12:51:18	8:29	4	3:21:15	16	3:58:57
Sülzwiesen	9.10	1:50:11	12:06	4	42:57	19	53:04	100.00	14:41:29	8:48	4	4:04:03	17	4:50:10