



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Kreismann, Franziska

□□: :-)

□□: 49

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 14:43:16

□□: 6.79 km/h

□□□□: 8:50 min/km

□□□□□/□□□□: 71 (of 92)

□□□□□/□: 18 (of 23)

□□□□□□: 9:51:19

□□□□□: 4(of 5)

□□□□□□□: 10:14:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:11:14	6:54	5	15:24	19	15:24	10.30	1:11:14	6:54	5	15:24	19	15:24	
Amelinghausen	13.80	1:43:56	7:31	5	28:45	20	33:18	24.10	2:55:10	7:16	5	44:09	20	44:09	
Schwindebeck	9.40	1:19:06	8:24	5	23:45	19	29:29	33.50	4:14:16	7:35	5	1:07:54	21	1:07:54	
Bispingen	8.90	1:15:12	8:26	4	21:27	19	28:29	42.40	5:29:28	7:46	5	1:29:21	20	1:35:28	
Overhaverbeck	10.80	1:39:37	9:13	3	27:16	16	36:07	53.20	7:09:05	8:03	5	1:56:37	19	2:11:35	
Undeloh	6.90	57:20	8:18	3	11:50	14	17:17	60.10	8:06:25	8:05	4	2:08:27	18	2:28:52	
Egestorf	9.20	1:32:20	10:02	4	31:43	17	36:01	69.30	9:38:45	8:21	4	2:40:10	18	3:04:53	
Salzhausen	10.70	1:38:46	9:13	4	32:20	14	32:20	80.00	11:17:31	8:28	4	3:12:30	18	3:35:39	
Südergellersen	10.90	1:51:28	10:13	4	39:02	15	40:59	90.90	13:08:59	8:40	4	3:51:32	18	4:16:38	
Sülzwiesen	9.10	1:34:17	10:21	4	37:10	18	37:10	100.00	14:43:16	8:49	4	4:28:42	18	4:51:57	