



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Kibscholl, Stefanie

□□: TuS Brietlingen

□□: 45

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 14:46:24

□□: 6.77 km/h

□□□□: 8:52 min/km

□□□□□/□□□: 72 (of 92)

□□□□□/□: 19 (of 23)

□□□□□□: 9:51:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:11:28	6:56	3	12:09	20	15:38	10.30	1:11:28	6:56	3	12:09	20	15:38	
Amelinghausen	13.80	1:45:02	7:36	3	34:24	21	34:24	24.10	2:56:30	7:19	3	38:50	21	45:29	
Schwindebeck	9.40	1:19:10	8:25	3	29:33	20	29:33	33.50	4:15:40	7:37	3	1:08:23	22	1:09:18	
Bispingen	8.90	1:24:51	9:32	3	38:08	22	38:08	42.40	5:40:31	8:01	3	1:46:31	22	1:46:31	
Overhaverbeck	10.80	1:50:31	10:13	3	47:01	20	47:01	53.20	7:31:02	8:28	3	2:33:32	20	2:33:32	
Undeloh	6.90	58:55	8:32	3	18:52	16	18:52	60.10	8:29:57	8:29	3	2:52:24	19	2:52:24	
Egestorf	9.20	1:35:33	10:23	3	39:14	19	39:14	69.30	10:05:30	8:44	3	3:31:38	19	3:31:38	
Salzhausen	10.70	1:45:24	9:51	3	37:24	18	38:58	80.00	11:50:54	8:53	3	4:09:02	19	4:09:02	
Südergellersen	10.90	1:34:26	8:39	3	23:57	10	23:57	90.90	13:25:20	8:51	3	4:32:59	19	4:32:59	
Sülzwiesen	9.10	1:21:04	8:54	3	22:06	16	23:57	100.00	14:46:24	8:51	3	4:55:05	19	4:55:05	