



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Drexler, Hans

□□: Lahmsoggen Nation

□□: 17

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 15:07:48

□□: 6.61 km/h

□□□□: 9:05 min/km

□□□□□/□□□□: 73 (of 92)

□□□□□/□: 54 (of 69)

□□□□□□: 8:30:22

□□□□□: 1(of 2)

□□□□□□□: 15:07:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:23:46	8:07	2	3:07	67	28:21	10.30	1:23:46	8:07	2	3:07	67	28:21	
Amelinghausen	13.80	1:52:34	8:09	2	2:41	60	51:18	24.10	3:16:20	8:08	2	5:48	63	1:12:54	
Schwindebeck	9.40	1:26:23	9:11	2	6:08	61	43:18	33.50	4:42:43	8:26	2	11:56	68	1:51:18	
Bispingen	8.90	1:20:56	9:05	2	3:54	61	40:03	42.40	6:03:39	8:34	2	15:50	63	2:30:48	
Overhaverbeck	10.80	1:41:13	9:22	2	5:03	60	51:04	53.20	7:44:52	8:44	2	20:53	65	3:21:52	
Undeloh	6.90	1:04:26	9:20	2	5:44	58	31:08	60.10	8:49:18	8:48	2	26:37	62	3:53:00	
Egestorf	9.20	1:26:44	9:25	1	-	53	38:57	69.30	10:16:02	8:53	2	22:10	61	4:31:57	
Salzhausen	10.70	1:40:32	9:23	1	-	47	43:12	80.00	11:56:34	8:57	1	-	56	5:13:07	
Südergellersen	10.90	1:46:08	9:44	1	-	48	47:27	90.90	13:42:42	9:03	1	-	55	5:56:40	
Sülzwiesen	9.10	1:25:06	9:21	1	-	46	40:46	100.00	15:07:48	9:04	1	-	54	6:37:26	