



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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LG Brunsberg

□□□: 8:08:42

□□: 247

□□: 12.28 km/h

□□□□: 4:53 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 1 (of 76)

□□□□□□: 8:08:42

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□□□□□: 1(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	52:17	5:01	14	12:49	14	12:49	10.40	52:17	5:01	14	12:49	14	12:49
Amelinghausen	13.60	1:12:38	5:20	31	15:24	31	15:24	24.00	2:04:55	5:12	19	23:32	19	23:32
Schwindebeck	8.30	49:07	5:55	33	12:15	33	12:15	32.30	2:54:02	5:23	22	23:30	22	23:30
Bispingen	9.60	48:24	5:02	3	3:08	3	3:08	41.90	3:42:26	5:18	12	22:50	12	22:50
Overhaverbeck	10.80	52:26	4:51	13	6:52	13	6:52	52.70	4:34:52	5:12	6	19:31	6	19:31
Undeloh	6.90	31:43	4:35	3	3:01	3	3:01	59.60	5:06:35	5:08	2	12:07	2	12:07
Egestorf	9.20	43:04	4:40	2	1:39	2	1:39	68.80	5:49:39	5:04	2	2:54	2	2:54
Salzhausen	10.60	46:56	4:25	3	4:55	3	4:55	79.40	6:36:35	4:59	1	-	1	-
Südergellersen	10.90	45:19	4:09	1	-	1	-	90.30	7:21:54	4:53	1	-	1	-
Sülzwiesen	9.70	46:48	4:49	7	2:54	7	2:54	100.00	8:08:42	4:53	1	-	1	-