



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Theda und die starken Männer

□□□: 9:09:03

□□: 201

□□: 10.93 km/h

□□□□: 5:29 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 10 (of 76)

□□□□□□: 8:08:42

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□□□□□: 10(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:02:55	6:02	56	23:27	56	23:27	10.40	1:02:55	6:02	56	23:27	56	23:27
Amelinghausen	13.60	1:06:34	4:53	14	9:20	14	9:20	24.00	2:09:29	5:23	27	28:06	27	28:06
Schwindebeck	8.30	43:21	5:13	13	6:29	13	6:29	32.30	2:52:50	5:21	20	22:18	20	22:18
Bispingen	9.60	53:07	5:31	16	7:51	16	7:51	41.90	3:45:57	5:23	15	26:21	15	26:21
Overhaverbeck	10.80	52:14	4:50	12	6:40	12	6:40	52.70	4:38:11	5:16	9	22:50	9	22:50
Undeloh	6.90	43:39	6:19	41	14:57	41	14:57	59.60	5:21:50	5:23	9	27:22	9	27:22
Egestorf	9.20	59:46	6:29	47	18:21	47	18:21	68.80	6:21:36	5:32	16	34:51	16	34:51
Salzhausen	10.60	1:00:03	5:39	35	18:02	35	18:02	79.40	7:21:39	5:33	20	45:04	20	45:04
Südergellersen	10.90	56:40	5:11	13	11:21	13	11:21	90.30	8:18:19	5:31	13	56:25	13	56:25
Sülzwiesen	9.70	50:44	5:13	28	6:50	28	6:50	100.00	9:09:03	5:29	10	1:00:21	10	1:00:21