



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

VfL Vital

□□□: 9:10:24

□□: 207

□□: 10.90 km/h

□□□□: 5:30 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 11 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 11(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	53:40	5:09	17	14:12	17	14:12	10.40	53:40	5:09	17	14:12	17	14:12
Amelinghausen	13.60	1:02:17	4:34	7	5:03	7	5:03	24.00	1:55:57	4:49	9	14:34	9	14:34
Schwindebeck	8.30	46:49	5:38	20	9:57	20	9:57	32.30	2:42:46	5:02	7	12:14	7	12:14
Bispingen	9.60	1:01:08	6:22	50	15:52	50	15:52	41.90	3:43:54	5:20	13	24:18	13	24:18
Overhaverbeck	10.80	1:02:35	5:47	42	17:01	42	17:01	52.70	4:46:29	5:26	15	31:08	15	31:08
Undeloh	6.90	39:30	5:43	22	10:48	22	10:48	59.60	5:25:59	5:28	13	31:31	13	31:31
Egestorf	9.20	54:55	5:58	38	13:30	38	13:30	68.80	6:20:54	5:32	15	34:09	15	34:09
Salzhausen	10.60	57:36	5:26	29	15:35	29	15:35	79.40	7:18:30	5:31	17	41:55	17	41:55
Südergellersen	10.90	1:03:25	5:49	46	18:06	46	18:06	90.30	8:21:55	5:33	16	1:00:01	16	1:00:01
Sülzwiesen	9.70	48:29	4:59	17	4:35	17	4:35	100.00	9:10:24	5:30	11	1:01:42	11	1:01:42