



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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physioform-windstopper

00: 259

00: 100.00 km

Lüneburger Heide Lauf

0000:

Staffel

000: 9:10:36

00: 10.90 km/h

0000: 5:31 min/km

00000: 12 (of 76)

000000: 8:08:42

00000: 12(of 76)

0000000: 8:08:42

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Südergellersen	10.40	52:51	5:04	16	13:23	16	13:23	10.40	52:51	5:04	16	13:23	16	13:23
Amelinghausen	13.60	1:02:23	4:35	8	5:09	8	5:09	24.00	1:55:14	4:48	8	13:51	8	13:51
Schwindebeck	8.30	49:47	5:59	37	12:55	37	12:55	32.30	2:45:01	5:06	11	14:29	11	14:29
Bispingen	9.60	55:45	5:48	28	10:29	28	10:29	41.90	3:40:46	5:16	9	21:10	9	21:10
Overhaverbeck	10.80	57:20	5:18	27	11:46	27	11:46	52.70	4:38:06	5:16	8	22:45	8	22:45
Undeloh	6.90	45:38	6:36	50	16:56	50	16:56	59.60	5:23:44	5:25	11	29:16	11	29:16
Egestorf	9.20	48:04	5:13	7	6:39	7	6:39	68.80	6:11:48	5:24	9	25:03	9	25:03
Salzhausen	10.60	1:05:48	6:12	54	23:47	54	23:47	79.40	7:17:36	5:30	16	41:01	16	41:01
Südergellersen	10.90	57:48	5:18	21	12:29	21	12:29	90.30	8:15:24	5:29	12	53:30	12	53:30
Sülzwiesen	9.70	55:12	5:41	43	11:18	43	11:18	100.00	9:10:36	5:30	12	1:01:54	12	1:01:54