



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heidjer - ein Leben am Limit!

□□□: 9:14:10

□□: 252

□□: 10.83 km/h

□□□□: 5:32 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 14 (of 76)

□□□□□□: 8:08:42

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□□□□□: 14(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:00:33	5:49	48	21:05	48	21:05	10.40	1:00:33	5:49	48	21:05	48	21:05
Amelinghausen	13.60	1:11:26	5:15	28	14:12	28	14:12	24.00	2:11:59	5:29	35	30:36	35	30:36
Schwindebeck	8.30	40:08	4:50	6	3:16	6	3:16	32.30	2:52:07	5:19	19	21:35	19	21:35
Bispingen	9.60	1:01:51	6:26	53	16:35	53	16:35	41.90	3:53:58	5:35	25	34:22	25	34:22
Overhaverbeck	10.80	59:16	5:29	33	13:42	33	13:42	52.70	4:53:14	5:33	22	37:53	22	37:53
Undeloh	6.90	36:59	5:21	12	8:17	12	8:17	59.60	5:30:13	5:32	19	35:45	19	35:45
Egestorf	9.20	47:13	5:07	6	5:48	6	5:48	68.80	6:17:26	5:29	13	30:41	13	30:41
Salzhausen	10.60	54:48	5:10	19	12:47	19	12:47	79.40	7:12:14	5:26	10	35:39	10	35:39
Südergellersen	10.90	1:08:22	6:16	59	23:03	59	23:03	90.30	8:20:36	5:32	15	58:42	15	58:42
Sülzwiesen	9.70	53:34	5:31	38	9:40	38	9:40	100.00	9:14:10	5:32	14	1:05:28	14	1:05:28