



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Team Leben&Laufen

□□□: 9:11:20

□□: 249

□□: 10.88 km/h

□□□□: 5:31 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 13 (of 76)

□□□□□□: 8:08:42

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□□□□□: 13(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:28	5:25	32	17:00	32	17:00	10.40	56:28	5:25	32	17:00	32	17:00
Amelinghausen	13.60	1:03:48	4:41	10	6:34	10	6:34	24.00	2:00:16	5:00	14	18:53	14	18:53
Schwindebeck	8.30	52:45	6:21	50	15:53	50	15:53	32.30	2:53:01	5:21	21	22:29	21	22:29
Bispingen	9.60	54:30	5:40	20	9:14	20	9:14	41.90	3:47:31	5:25	17	27:55	17	27:55
Overhaverbeck	10.80	1:05:06	6:01	50	19:32	50	19:32	52.70	4:52:37	5:33	21	37:16	21	37:16
Undeloh	6.90	34:55	5:03	6	6:13	6	6:13	59.60	5:27:32	5:29	16	33:04	16	33:04
Egestorf	9.20	57:08	6:12	41	15:43	41	15:43	68.80	6:24:40	5:35	19	37:55	19	37:55
Salzhausen	10.60	56:55	5:22	27	14:54	27	14:54	79.40	7:21:35	5:33	19	45:00	19	45:00
Südergellersen	10.90	57:35	5:16	19	12:16	19	12:16	90.30	8:19:10	5:31	14	57:16	14	57:16
Sülzwiesen	9.70	52:10	5:22	34	8:16	34	8:16	100.00	9:11:20	5:30	13	1:02:38	13	1:02:38