



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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VfL Bückeburg I

□□□: 9:15:45

□□: 222

□□: 10.80 km/h

□□□□: 5:34 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 15 (of 76)

□□□□□□: 8:08:42

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□□□□□: 15(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	57:56	5:34	39	18:28	39	18:28	10.40	57:56	5:34	39	18:28	39	18:28
Amelinghausen	13.60	1:18:16	5:45	48	21:02	48	21:02	24.00	2:16:12	5:40	44	34:49	44	34:49
Schwindebeck	8.30	44:43	5:23	17	7:51	17	7:51	32.30	3:00:55	5:36	28	30:23	28	30:23
Bispingen	9.60	46:12	4:48	2	0:56	2	0:56	41.90	3:47:07	5:25	16	27:31	16	27:31
Overhaverbeck	10.80	53:06	4:54	16	7:32	16	7:32	52.70	4:40:13	5:19	10	24:52	10	24:52
Undeloh	6.90	44:30	6:26	44	15:48	44	15:48	59.60	5:24:43	5:26	12	30:15	12	30:15
Egestorf	9.20	50:05	5:26	12	8:40	12	8:40	68.80	6:14:48	5:26	12	28:03	12	28:03
Salzhausen	10.60	1:01:21	5:47	42	19:20	42	19:20	79.40	7:16:09	5:29	15	39:34	15	39:34
Südergellersen	10.90	1:15:24	6:55	66	30:05	66	30:05	90.30	8:31:33	5:39	23	1:09:39	23	1:09:39
Sülzwiesen	9.70	44:12	4:33	3	0:18	3	0:18	100.00	9:15:45	5:33	15	1:07:03	15	1:07:03