



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff TuS Hohnstorf

□□□: 9:16:06

□□: 208

□□: 10.79 km/h

□□□□: 5:34 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 16 (of 76)

□□□□□□: 8:08:42

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□□□□□: 16(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	49:47	4:47	11	10:19	11	10:19	10.40	49:47	4:47	11	10:19	11	10:19
Amelinghausen	13.60	1:00:49	4:28	2	3:35	2	3:35	24.00	1:50:36	4:36	5	9:13	5	9:13
Schwindebeck	8.30	50:14	6:03	40	13:22	40	13:22	32.30	2:40:50	4:58	5	10:18	5	10:18
Bispingen	9.60	1:03:15	6:35	55	17:59	55	17:59	41.90	3:44:05	5:20	14	24:29	14	24:29
Overhaverbeck	10.80	51:27	4:45	9	5:53	9	5:53	52.70	4:35:32	5:13	7	20:11	7	20:11
Undeloh	6.90	42:16	6:07	37	13:34	37	13:34	59.60	5:17:48	5:19	8	23:20	8	23:20
Egestorf	9.20	54:20	5:54	33	12:55	33	12:55	68.80	6:12:08	5:24	10	25:23	10	25:23
Salzhausen	10.60	55:50	5:16	21	13:49	21	13:49	79.40	7:07:58	5:23	7	31:23	7	31:23
Südergellersen	10.90	1:05:06	5:58	50	19:47	50	19:47	90.30	8:13:04	5:27	10	51:10	10	51:10
Sülzwiesen	9.70	1:03:02	6:29	64	19:08	64	19:08	100.00	9:16:06	5:33	16	1:07:24	16	1:07:24