



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Team Naturpark

□□□: 9:16:20

□□: 227

□□: 10.78 km/h

□□□□: 5:34 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 17 (of 76)

□□□□□□: 8:08:42

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□□□□□: 17(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	54:56	5:16	23	15:28	23	15:28	10.40	54:56	5:16	23	15:28	23	15:28
Amelinghausen	13.60	1:07:45	4:58	18	10:31	18	10:31	24.00	2:02:41	5:06	17	21:18	17	21:18
Schwindebeck	8.30	40:43	4:54	7	3:51	7	3:51	32.30	2:43:24	5:03	8	12:52	8	12:52
Bispingen	9.60	45:16	4:42	1	-	1	-	41.90	3:28:40	4:58	2	9:04	2	9:04
Overhaverbeck	10.80	59:12	5:28	32	13:38	32	13:38	52.70	4:27:52	5:04	2	12:31	2	12:31
Undeloh	6.90	48:52	7:04	57	20:10	57	20:10	59.60	5:16:44	5:18	7	22:16	7	22:16
Egestorf	9.20	54:32	5:55	36	13:07	36	13:07	68.80	6:11:16	5:23	8	24:31	8	24:31
Salzhausen	10.60	59:10	5:34	33	17:09	33	17:09	79.40	7:10:26	5:25	8	33:51	8	33:51
Südergellersen	10.90	1:17:59	7:09	73	32:40	73	32:40	90.30	8:28:25	5:37	22	1:06:31	22	1:06:31
Sülzwiesen	9.70	47:55	4:56	11	4:01	11	4:01	100.00	9:16:20	5:33	17	1:07:38	17	1:07:38