



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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VfL Bückeburg III

□□□: 9:17:51

□□: 224

□□: 10.76 km/h

□□□□: 5:35 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 19 (of 76)

□□□□□□: 8:08:42

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□□□□□: 19(of 76)

Staffel

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.40    | 57:22    | 5:30         | 36      | 17:54   | 36        | 17:54     | 10.40  | 57:22   | 5:30 | 36      | 17:54   | 36        | 17:54     |
| Amelinghausen  | 13.60    | 1:18:48  | 5:47         | 49      | 21:34   | 49        | 21:34     | 24.00  | 2:16:10 | 5:40 | 43      | 34:47   | 43        | 34:47     |
| Schwindebeck   | 8.30     | 49:48    | 5:59         | 38      | 12:56   | 38        | 12:56     | 32.30  | 3:05:58 | 5:45 | 40      | 35:26   | 40        | 35:26     |
| Bispingen      | 9.60     | 1:01:43  | 6:25         | 52      | 16:27   | 52        | 16:27     | 41.90  | 4:07:41 | 5:54 | 45      | 48:05   | 45        | 48:05     |
| Overhaverbeck  | 10.80    | 46:14    | 4:16         | 2       | 0:40    | 2         | 0:40      | 52.70  | 4:53:55 | 5:34 | 24      | 38:34   | 24        | 38:34     |
| Undeloh        | 6.90     | 28:42    | 4:09         | 1       | -       | 1         | -         | 59.60  | 5:22:37 | 5:24 | 10      | 28:09   | 10        | 28:09     |
| Egestorf       | 9.20     | 41:25    | 4:30         | 1       | -       | 1         | -         | 68.80  | 6:04:02 | 5:17 | 5       | 17:17   | 5         | 17:17     |
| Salzhausen     | 10.60    | 1:06:41  | 6:17         | 55      | 24:40   | 55        | 24:40     | 79.40  | 7:10:43 | 5:25 | 9       | 34:08   | 9         | 34:08     |
| Südergellersen | 10.90    | 1:15:31  | 6:55         | 67      | 30:12   | 67        | 30:12     | 90.30  | 8:26:14 | 5:36 | 19      | 1:04:20 | 19        | 1:04:20   |
| Sülzwiesen     | 9.70     | 51:37    | 5:19         | 30      | 7:43    | 30        | 7:43      | 100.00 | 9:17:51 | 5:34 | 19      | 1:09:09 | 19        | 1:09:09   |