



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Diana Medical Sport

□□□: 9:17:48

□□: 262

□□: 10.76 km/h

□□□□: 5:35 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 18 (of 76)

□□□□□□: 8:08:42

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□□□□□: 18(of 76)

Staffel

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Südergellersen	10.40	55:26	5:19	26	15:58	26	15:58	10.40	55:26	5:19	26	15:58	26	15:58
Amelinghausen	13.60	1:11:19	5:14	27	14:05	27	14:05	24.00	2:06:45	5:16	21	25:22	21	25:22
Schwindebeck	8.30	55:27	6:40	58	18:35	58	18:35	32.30	3:02:12	5:38	31	31:40	31	31:40
Bispingen	9.60	48:53	5:05	5	3:37	5	3:37	41.90	3:51:05	5:30	18	31:29	18	31:29
Overhaverbeck	10.80	1:09:47	6:27	59	24:13	59	24:13	52.70	5:00:52	5:42	34	45:31	34	45:31
Undeloh	6.90	39:28	5:43	21	10:46	21	10:46	59.60	5:40:20	5:42	29	45:52	29	45:52
Egestorf	9.20	48:33	5:16	9	7:08	9	7:08	68.80	6:28:53	5:39	20	42:08	20	42:08
Salzhausen	10.60	53:59	5:05	16	11:58	16	11:58	79.40	7:22:52	5:34	21	46:17	21	46:17
Südergellersen	10.90	1:02:51	5:45	43	17:32	43	17:32	90.30	8:25:43	5:36	18	1:03:49	18	1:03:49
Sülzwiesen	9.70	52:05	5:22	33	8:11	33	8:11	100.00	9:17:48	5:34	18	1:09:06	18	1:09:06