



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heide-Mix-Staffel Bleckede-Soltau

□□□: 8:33:44

□□: 261

□□: 11.68 km/h

□□□□: 5:08 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 2 (of 76)

□□□□□□: 8:08:42

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□□□□□: 2(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	51:08	4:54	13	11:40	13	11:40	10.40	51:08	4:54	13	11:40	13	11:40
Amelinghausen	13.60	1:08:32	5:02	20	11:18	20	11:18	24.00	1:59:40	4:59	13	18:17	13	18:17
Schwindebeck	8.30	50:26	6:04	41	13:34	41	13:34	32.30	2:50:06	5:15	15	19:34	15	19:34
Bispingen	9.60	49:34	5:09	6	4:18	6	4:18	41.90	3:39:40	5:14	7	20:04	7	20:04
Overhaverbeck	10.80	50:34	4:40	6	5:00	6	5:00	52.70	4:30:14	5:07	4	14:53	4	14:53
Undeloh	6.90	41:59	6:05	35	13:17	35	13:17	59.60	5:12:13	5:14	5	17:45	5	17:45
Egestorf	9.20	53:11	5:46	27	11:46	27	11:46	68.80	6:05:24	5:18	6	18:39	6	18:39
Salzhausen	10.60	52:24	4:56	11	10:23	11	10:23	79.40	6:57:48	5:15	6	21:13	6	21:13
Südergellersen	10.90	47:00	4:18	2	1:41	2	1:41	90.30	7:44:48	5:08	2	22:54	2	22:54
Sülzwiesen	9.70	48:56	5:02	21	5:02	21	5:02	100.00	8:33:44	5:08	2	25:02	2	25:02