



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lufthansa SV/ BSV HH

□□□: 9:20:34

□□: 203

□□: 10.70 km/h

□□□□: 5:37 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 20 (of 76)

□□□□□□: 8:08:42

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□□□□□: 20(of 76)

Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.40 | 56:08 | 5:23 | 29 | 16:40 | 29 | 16:40 | 10.40 | 56:08 | 5:23 | 29 | 16:40 | 29 | 16:40 |
| Amelinghausen | 13.60 | 1:14:55 | 5:30 | 37 | 17:41 | 37 | 17:41 | 24.00 | 2:11:03 | 5:27 | 32 | 29:40 | 32 | 29:40 |
| Schwindebeck | 8.30 | 43:26 | 5:13 | 14 | 6:34 | 14 | 6:34 | 32.30 | 2:54:29 | 5:24 | 23 | 23:57 | 23 | 23:57 |
| Bispingen | 9.60 | 59:15 | 6:10 | 44 | 13:59 | 44 | 13:59 | 41.90 | 3:53:44 | 5:34 | 24 | 34:08 | 24 | 34:08 |
| Overhaverbeck | 10.80 | 56:50 | 5:15 | 24 | 11:16 | 24 | 11:16 | 52.70 | 4:50:34 | 5:30 | 18 | 35:13 | 18 | 35:13 |
| Undeloh | 6.90 | 47:13 | 6:50 | 53 | 18:31 | 53 | 18:31 | 59.60 | 5:37:47 | 5:40 | 24 | 43:19 | 24 | 43:19 |
| Egestorf | 9.20 | 51:45 | 5:37 | 20 | 10:20 | 20 | 10:20 | 68.80 | 6:29:32 | 5:39 | 21 | 42:47 | 21 | 42:47 |
| Salzhausen | 10.60 | 51:09 | 4:49 | 8 | 9:08 | 8 | 9:08 | 79.40 | 7:20:41 | 5:33 | 18 | 44:06 | 18 | 44:06 |
| Südergellersen | 10.90 | 1:06:57 | 6:08 | 54 | 21:38 | 54 | 21:38 | 90.30 | 8:27:38 | 5:37 | 21 | 1:05:44 | 21 | 1:05:44 |
| Sülzwiesen | 9.70 | 52:56 | 5:27 | 37 | 9:02 | 37 | 9:02 | 100.00 | 9:20:34 | 5:36 | 20 | 1:11:52 | 20 | 1:11:52 |