



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

□□□□□□□: 8:08:42

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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