



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Schneverdingen - meine Heidekönigin□□□: 9:23:23

□□: 256

□□: 10.65 km/h
 □□□□: 5:38 min/km

□□: 100.00 km
 Lüneburger Heide Lauf

□□□□□: 21 (of 76)
 □□□□□□: 8:08:42

□□□□:
 Staffel

□□□□□: 21(of 76)
 □□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:04:59	6:14	61	25:31	61	25:31	10.40	1:04:59	6:14	61	25:31	61	25:31
Amelinghausen	13.60	1:01:57	4:33	6	4:43	6	4:43	24.00	2:06:56	5:17	22	25:33	22	25:33
Schwindebeck	8.30	48:25	5:49	28	11:33	28	11:33	32.30	2:55:21	5:25	24	24:49	24	24:49
Bispingen	9.60	58:05	6:03	39	12:49	39	12:49	41.90	3:53:26	5:34	23	33:50	23	33:50
Overhaverbeck	10.80	1:11:18	6:36	64	25:44	64	25:44	52.70	5:04:44	5:46	41	49:23	41	49:23
Undeloh	6.90	38:57	5:38	17	10:15	17	10:15	59.60	5:43:41	5:45	33	49:13	33	49:13
Egestorf	9.20	53:52	5:51	31	12:27	31	12:27	68.80	6:37:33	5:46	29	50:48	29	50:48
Salzhausen	10.60	1:01:06	5:45	40	19:05	40	19:05	79.40	7:38:39	5:46	29	1:02:04	29	1:02:04
Südergellersen	10.90	59:16	5:26	26	13:57	26	13:57	90.30	8:37:55	5:44	28	1:16:01	28	1:16:01
Sülzwiesen	9.70	45:28	4:41	6	1:34	6	1:34	100.00	9:23:23	5:38	21	1:14:41	21	1:14:41