



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heidewitzka!

□□□: 9:23:40

□□: 204

□□: 10.64 km/h

□□□□: 5:38 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 22 (of 76)

□□□□□□: 8:08:42

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□□□□□: 22(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:58	5:28	35	17:30	35	17:30	10.40	56:58	5:28	35	17:30	35	17:30
Amelinghausen	13.60	1:20:58	5:57	54	23:44	54	23:44	24.00	2:17:56	5:44	45	36:33	45	36:33
Schwindebeck	8.30	43:59	5:17	15	7:07	15	7:07	32.30	3:01:55	5:37	30	31:23	30	31:23
Bispingen	9.60	54:11	5:38	19	8:55	19	8:55	41.90	3:56:06	5:38	30	36:30	30	36:30
Overhaverbeck	10.80	55:28	5:08	19	9:54	19	9:54	52.70	4:51:34	5:31	20	36:13	20	36:13
Undeloh	6.90	40:11	5:49	25	11:29	25	11:29	59.60	5:31:45	5:33	21	37:17	21	37:17
Egestorf	9.20	1:00:02	6:31	51	18:37	51	18:37	68.80	6:31:47	5:41	23	45:02	23	45:02
Salzhausen	10.60	56:50	5:21	26	14:49	26	14:49	79.40	7:28:37	5:39	24	52:02	24	52:02
Südergellersen	10.90	1:03:23	5:48	45	18:04	45	18:04	90.30	8:32:00	5:40	24	1:10:06	24	1:10:06
Sülzwiesen	9.70	51:40	5:19	31	7:46	31	7:46	100.00	9:23:40	5:38	22	1:14:58	22	1:14:58