



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Die schnuckeligen Soltauer

□□□: 9:24:25

□□: 268

□□: 10.63 km/h

□□□□: 5:38 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 23 (of 76)

□□□□□□: 8:08:42

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□□□□□: 23(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	57:36	5:32	37	18:08	37	18:08	10.40	57:36	5:32	37	18:08	37	18:08
Amelinghausen	13.60	1:09:27	5:06	23	12:13	23	12:13	24.00	2:07:03	5:17	23	25:40	23	25:40
Schwindebeck	8.30	1:11:05	8:33	75	34:13	75	34:13	32.30	3:18:08	6:08	59	47:36	59	47:36
Bispingen	9.60	55:21	5:45	27	10:05	27	10:05	41.90	4:13:29	6:02	50	53:53	50	53:53
Overhaverbeck	10.80	49:15	4:33	5	3:41	5	3:41	52.70	5:02:44	5:44	35	47:23	35	47:23
Undeloh	6.90	40:30	5:52	29	11:48	29	11:48	59.60	5:43:14	5:45	31	48:46	31	48:46
Egestorf	9.20	51:04	5:33	15	9:39	15	9:39	68.80	6:34:18	5:43	26	47:33	26	47:33
Salzhausen	10.60	56:32	5:19	24	14:31	24	14:31	79.40	7:30:50	5:40	25	54:15	25	54:15
Südergellersen	10.90	1:02:42	5:45	41	17:23	41	17:23	90.30	8:33:32	5:41	26	1:11:38	26	1:11:38
Sülzwiesen	9.70	50:53	5:14	29	6:59	29	6:59	100.00	9:24:25	5:38	23	1:15:43	23	1:15:43