



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

ImPuls

□□: 271

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 9:25:55

□□: 10.60 km/h

□□□□: 5:40 min/km

□□□□□: 24 (of 76)

□□□□□□: 8:08:42

□□□□□: 24(of 76)

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:19	5:24	30	16:51	30	16:51	10.40	56:19	5:24	30	16:51	30	16:51
Amelinghausen	13.60	1:08:38	5:02	21	11:24	21	11:24	24.00	2:04:57	5:12	20	23:34	20	23:34
Schwindebeck	8.30	41:53	5:02	10	5:01	10	5:01	32.30	2:46:50	5:09	13	16:18	13	16:18
Bispingen	9.60	54:54	5:43	22	9:38	22	9:38	41.90	3:41:44	5:17	10	22:08	10	22:08
Overhaverbeck	10.80	1:01:17	5:40	40	15:43	40	15:43	52.70	4:43:01	5:22	12	27:40	12	27:40
Undeloh	6.90	42:59	6:13	39	14:17	39	14:17	59.60	5:26:00	5:28	14	31:32	14	31:32
Egestorf	9.20	51:29	5:35	18	10:04	18	10:04	68.80	6:17:29	5:29	14	30:44	14	30:44
Salzhausen	10.60	57:20	5:24	28	15:19	28	15:19	79.40	7:14:49	5:28	14	38:14	14	38:14
Südergellersen	10.90	54:39	5:00	7	9:20	7	9:20	90.30	8:09:28	5:25	8	47:34	8	47:34
Sülzwiesen	9.70	1:16:27	7:52	73	32:33	73	32:33	100.00	9:25:55	5:39	24	1:17:13	24	1:17:13