



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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VfL Bückeburg II

□□□: 9:27:29

□□: 223

□□: 10.57 km/h

□□□□: 5:40 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 25 (of 76)

□□□□□□: 8:08:42

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□□□□□: 25(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	54:27	5:14	21	14:59	21	14:59	10.40	54:27	5:14	21	14:59	21	14:59
Amelinghausen	13.60	1:15:00	5:30	38	17:46	38	17:46	24.00	2:09:27	5:23	26	28:04	26	28:04
Schwindebeck	8.30	46:00	5:32	18	9:08	18	9:08	32.30	2:55:27	5:25	25	24:55	25	24:55
Bispingen	9.60	56:33	5:53	33	11:17	33	11:17	41.90	3:52:00	5:32	21	32:24	21	32:24
Overhaverbeck	10.80	1:10:51	6:33	61	25:17	61	25:17	52.70	5:02:51	5:44	36	47:30	36	47:30
Undeloh	6.90	49:12	7:07	58	20:30	58	20:30	59.60	5:52:03	5:54	42	57:35	42	57:35
Egestorf	9.20	54:25	5:54	34	13:00	34	13:00	68.80	6:46:28	5:54	35	59:43	35	59:43
Salzhausen	10.60	1:00:22	5:41	36	18:21	36	18:21	79.40	7:46:50	5:52	38	1:10:15	38	1:10:15
Südergellersen	10.90	52:12	4:47	4	6:53	4	6:53	90.30	8:39:02	5:44	29	1:17:08	29	1:17:08
Sülzwiesen	9.70	48:27	4:59	16	4:33	16	4:33	100.00	9:27:29	5:40	25	1:18:47	25	1:18:47