



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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MTV Bispingen Lauftreff

□□□: 9:27:29

□□: 237

□□: 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	1:14:22	7:09	71	34:54	71	34:54	10.40	1:14:22	7:09	71	34:54	71	34:54
Amelinghausen	13.60	1:10:49	5:12	26	13:35	26	13:35	24.00	2:25:11	6:02	58	43:48	58	43:48
Schwindebeck	8.30	41:41	5:01	9	4:49	9	4:49	32.30	3:06:52	5:47	42	36:20	42	36:20
Bispingen	9.60	1:00:11	6:16	48	14:55	48	14:55	41.90	4:07:03	5:53	43	47:27	43	47:27
Overhaverbeck	10.80	52:43	4:52	14	7:09	14	7:09	52.70	4:59:46	5:41	32	44:25	32	44:25
Undeloh	6.90	52:27	7:36	69	23:45	69	23:45	59.60	5:52:13	5:54	43	57:45	43	57:45
Egestorf	9.20	1:00:44	6:36	53	19:19	53	19:19	68.80	6:52:57	6:00	46	1:06:12	46	1:06:12
Salzhausen	10.60	43:34	4:06	2	1:33	2	1:33	79.40	7:36:31	5:44	26	59:56	26	59:56
Südergellersen	10.90	56:27	5:10	11	11:08	11	11:08	90.30	8:32:58	5:40	25	1:11:04	25	1:11:04
Sülzwiesen	9.70	54:31	5:37	42	10:37	42	10:37	100.00	9:27:29	5:40	25	1:18:47	25	1:18:47