



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Malermeister C. Cramm

□□□: 9:28:50

□□: 267

□□: 10.55 km/h

□□□□: 5:41 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 27 (of 76)

□□□□□□: 8:08:42

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□□□□□: 27(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:11:26	6:52	70	31:58	70	31:58	10.40	1:11:26	6:52	70	31:58	70	31:58
Amelinghausen	13.60	1:26:33	6:21	65	29:19	65	29:19	24.00	2:37:59	6:34	70	56:36	70	56:36
Schwindebeck	8.30	48:25	5:49	28	11:33	28	11:33	32.30	3:26:24	6:23	66	55:52	66	55:52
Bispingen	9.60	56:33	5:53	33	11:17	33	11:17	41.90	4:22:57	6:16	63	1:03:21	63	1:03:21
Overhaverbeck	10.80	1:00:14	5:34	37	14:40	37	14:40	52.70	5:23:11	6:07	58	1:07:50	58	1:07:50
Undeloh	6.90	34:59	5:04	8	6:17	8	6:17	59.60	5:58:10	6:00	50	1:03:42	50	1:03:42
Egestorf	9.20	43:14	4:41	3	1:49	3	1:49	68.80	6:41:24	5:50	32	54:39	32	54:39
Salzhausen	10.60	1:02:23	5:53	45	20:22	45	20:22	79.40	7:43:47	5:50	33	1:07:12	33	1:07:12
Südergellersen	10.90	58:09	5:20	22	12:50	22	12:50	90.30	8:41:56	5:46	31	1:20:02	31	1:20:02
Sülzwiesen	9.70	46:54	4:50	9	3:00	9	3:00	100.00	9:28:50	5:41	27	1:20:08	27	1:20:08