



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Continentale BKK

□□□: 9:29:36

□□: 275

□□: 10.53 km/h

□□□□: 5:42 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 29 (of 76)

□□□□□□: 8:08:42

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□□□□□: 29(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	46:59	4:31	6	7:31	6	7:31	10.40	46:59	4:31	6	7:31	6	7:31
Amelinghausen	13.60	1:03:48	4:41	10	6:34	10	6:34	24.00	1:50:47	4:36	6	9:24	6	9:24
Schwindebeck	8.30	51:00	6:08	45	14:08	45	14:08	32.30	2:41:47	5:00	6	11:15	6	11:15
Bispingen	9.60	54:54	5:43	22	9:38	22	9:38	41.90	3:36:41	5:10	6	17:05	6	17:05
Overhaverbeck	10.80	1:08:09	6:18	55	22:35	55	22:35	52.70	4:44:50	5:24	13	29:29	13	29:29
Undeloh	6.90	42:02	6:05	36	13:20	36	13:20	59.60	5:26:52	5:29	15	32:24	15	32:24
Egestorf	9.20	1:05:54	7:09	66	24:29	66	24:29	68.80	6:32:46	5:42	24	46:01	24	46:01
Salzhausen	10.60	52:49	4:58	12	10:48	12	10:48	79.40	7:25:35	5:36	22	49:00	22	49:00
Südergellersen	10.90	1:01:55	5:40	37	16:36	37	16:36	90.30	8:27:30	5:37	20	1:05:36	20	1:05:36
Sülzwiesen	9.70	1:02:06	6:24	62	18:12	62	18:12	100.00	9:29:36	5:41	29	1:20:54	29	1:20:54