



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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OST Schröder

□□□: 9:29:14

□□: 232

□□: 10.54 km/h

□□□□: 5:41 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 28 (of 76)

□□□□□□: 8:08:42

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	49:35	4:46	10	10:07	10	10:07	10.40	49:35	4:46	10	10:07	10	10:07
Amelinghausen	13.60	1:01:16	4:30	4	4:02	4	4:02	24.00	1:50:51	4:37	7	9:28	7	9:28
Schwindebeck	8.30	1:18:23	9:26	76	41:31	76	41:31	32.30	3:09:14	5:51	44	38:42	44	38:42
Bispingen	9.60	52:08	5:25	13	6:52	13	6:52	41.90	4:01:22	5:45	35	41:46	35	41:46
Overhaverbeck	10.80	1:08:01	6:17	54	22:27	54	22:27	52.70	5:09:23	5:52	45	54:02	45	54:02
Undeloh	6.90	35:55	5:12	9	7:13	9	7:13	59.60	5:45:18	5:47	38	50:50	38	50:50
Egestorf	9.20	48:29	5:16	8	7:04	8	7:04	68.80	6:33:47	5:43	25	47:02	25	47:02
Salzhausen	10.60	52:10	4:55	10	10:09	10	10:09	79.40	7:25:57	5:36	23	49:22	23	49:22
Südergellersen	10.90	59:43	5:28	28	14:24	28	14:24	90.30	8:25:40	5:35	17	1:03:46	17	1:03:46
Sülzwiesen	9.70	1:03:34	6:33	65	19:40	65	19:40	100.00	9:29:14	5:41	28	1:20:32	28	1:20:32