



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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MTV Bad Bevensen & Friends

□□□: 8:36:32

□□: 269

□□: 11.62 km/h

□□□□: 5:10 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 3 (of 76)

□□□□□□: 8:08:42

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□□□□□: 3(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	55:04	5:17	24	15:36	24	15:36	10.40	55:04	5:17	24	15:36	24	15:36
Amelinghausen	13.60	1:07:03	4:55	17	9:49	17	9:49	24.00	2:02:07	5:05	15	20:44	15	20:44
Schwindebeck	8.30	41:35	5:00	8	4:43	8	4:43	32.30	2:43:42	5:04	9	13:10	9	13:10
Bispingen	9.60	52:53	5:30	14	7:37	14	7:37	41.90	3:36:35	5:10	5	16:59	5	16:59
Overhaverbeck	10.80	51:28	4:45	10	5:54	10	5:54	52.70	4:28:03	5:05	3	12:42	3	12:42
Undeloh	6.90	39:20	5:42	20	10:38	20	10:38	59.60	5:07:23	5:09	3	12:55	3	12:55
Egestorf	9.20	51:33	5:36	19	10:08	19	10:08	68.80	5:58:56	5:13	3	12:11	3	12:11
Salzhausen	10.60	54:24	5:07	17	12:23	17	12:23	79.40	6:53:20	5:12	3	16:45	3	16:45
Südergellersen	10.90	54:25	4:59	6	9:06	6	9:06	90.30	7:47:45	5:10	3	25:51	3	25:51
Sülzwiesen	9.70	48:47	5:01	19	4:53	19	4:53	100.00	8:36:32	5:09	3	27:50	3	27:50