



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Laufteam TV Jahn Schneverdingen e. V. **☑**: 9:30:43

☐☐: 234

☐☐: 100.00 km

Lüneburger Heide Lauf

☐☐☐☐:

Staffel

☐☐: 10.51 km/h

☐☐☐☐: 5:43 min/km

☐☐☐☐☐: 30 (of 76)

☐☐☐☐☐☐: 8:08:42

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐☐ km	☐☐☐☐ ☐☐ min/km	☐☐☐☐ -	☐☐☐☐ -	☐☐☐☐ ☐☐☐	☐☐☐☐ ☐☐☐	
Südergellersen	10.40	1:00:56	5:51	49	21:28	49	10.40	1:00:56	5:51	49	21:28	49	21:28
Amelinghausen	13.60	1:35:22	7:00	72	38:08	72	24.00	2:36:18	6:30	68	54:55	68	54:55
Schwindebeck	8.30	39:52	4:48	5	3:00	5	32.30	3:16:10	6:04	56	45:38	56	45:38
Bispingen	9.60	59:54	6:14	46	14:38	46	41.90	4:16:04	6:06	52	56:28	52	56:28
Overhaverbeck	10.80	57:38	5:20	28	12:04	28	52.70	5:13:42	5:57	50	58:21	50	58:21
Undeloh	6.90	40:25	5:51	28	11:43	28	59.60	5:54:07	5:56	47	59:39	47	59:39
Egestorf	9.20	54:27	5:55	35	13:02	35	68.80	6:48:34	5:56	42	1:01:49	42	1:01:49
Salzhausen	10.60	1:07:46	6:23	57	25:45	57	79.40	7:56:20	5:59	44	1:19:45	44	1:19:45
Südergellersen	10.90	49:47	4:34	3	4:28	3	90.30	8:46:07	5:49	34	1:24:13	34	1:24:13
Sülzwiesen	9.70	44:36	4:35	5	0:42	5	100.00	9:30:43	5:42	30	1:22:01	30	1:22:01