



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Froh wenn fertig

□□□: 9:33:36

□□: 246

□□: 10.46 km/h

□□□□: 5:44 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 31 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 31(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	58:19	5:36	40	18:51	40	18:51	10.40	58:19	5:36	40	18:51	40	18:51
Amelinghausen	13.60	1:12:53	5:21	33	15:39	33	15:39	24.00	2:11:12	5:27	33	29:49	33	29:49
Schwindebeck	8.30	54:13	6:31	55	17:21	55	17:21	32.30	3:05:25	5:44	36	34:53	36	34:53
Bispingen	9.60	56:01	5:50	29	10:45	29	10:45	41.90	4:01:26	5:45	36	41:50	36	41:50
Overhaverbeck	10.80	53:16	4:55	17	7:42	17	7:42	52.70	4:54:42	5:35	25	39:21	25	39:21
Undeloh	6.90	41:57	6:04	34	13:15	34	13:15	59.60	5:36:39	5:38	23	42:11	23	42:11
Egestorf	9.20	1:09:31	7:33	71	28:06	71	28:06	68.80	6:46:10	5:54	34	59:25	34	59:25
Salzhausen	10.60	53:08	5:00	14	11:07	14	11:07	79.40	7:39:18	5:47	30	1:02:43	30	1:02:43
Südergellersen	10.90	57:10	5:14	15	11:51	15	11:51	90.30	8:36:28	5:43	27	1:14:34	27	1:14:34
Sülzwiesen	9.70	57:08	5:53	50	13:14	50	13:14	100.00	9:33:36	5:44	31	1:24:54	31	1:24:54