



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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TSV Illmer Weg

□□□: 9:33:36

□□: 220

□□: 10.46 km/h

□□□□: 5:44 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 31 (of 76)

□□□□□□: 8:08:42

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□□□□□: 31(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:00:05	5:46	44	20:37	44	20:37	10.40	1:00:05	5:46	44	20:37	44	20:37
Amelinghausen	13.60	1:10:01	5:08	24	12:47	24	12:47	24.00	2:10:06	5:25	29	28:43	29	28:43
Schwindebeck	8.30	38:21	4:37	2	1:29	2	1:29	32.30	2:48:27	5:12	14	17:55	14	17:55
Bispingen	9.60	1:06:42	6:56	65	21:26	65	21:26	41.90	3:55:09	5:36	27	35:33	27	35:33
Overhaverbeck	10.80	58:05	5:22	29	12:31	29	12:31	52.70	4:53:14	5:33	22	37:53	22	37:53
Undeloh	6.90	40:19	5:50	26	11:37	26	11:37	59.60	5:33:33	5:35	22	39:05	22	39:05
Egestorf	9.20	56:29	6:08	40	15:04	40	15:04	68.80	6:30:02	5:40	22	43:17	22	43:17
Salzhausen	10.60	1:08:00	6:24	58	25:59	58	25:59	79.40	7:38:02	5:46	28	1:01:27	28	1:01:27
Südergellersen	10.90	1:11:40	6:34	63	26:21	63	26:21	90.30	8:49:42	5:51	38	1:27:48	38	1:27:48
Sülzwiesen	9.70	43:54	4:31	1	-	1	-	100.00	9:33:36	5:44	31	1:24:54	31	1:24:54