



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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läuft doch

□□: 254

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 9:35:05

□□: 10.43 km/h

□□□□: 5:45 min/km

□□□□□: 34 (of 76)

□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:08:27	6:34	65	28:59	65	28:59	10.40	1:08:27	6:34	65	28:59	65	28:59
Amelinghausen	13.60	1:14:30	5:28	35	17:16	35	17:16	24.00	2:22:57	5:57	57	41:34	57	41:34
Schwindebeck	8.30	48:47	5:52	31	11:55	31	11:55	32.30	3:11:44	5:56	50	41:12	50	41:12
Bispingen	9.60	55:13	5:45	24	9:57	24	9:57	41.90	4:06:57	5:53	42	47:21	42	47:21
Overhaverbeck	10.80	52:48	4:53	15	7:14	15	7:14	52.70	4:59:45	5:41	31	44:24	31	44:24
Undeloh	6.90	44:35	6:27	45	15:53	45	15:53	59.60	5:44:20	5:46	35	49:52	35	49:52
Egestorf	9.20	53:16	5:47	28	11:51	28	11:51	68.80	6:37:36	5:46	30	50:51	30	50:51
Salzhausen	10.60	1:04:54	6:07	50	22:53	50	22:53	79.40	7:42:30	5:49	32	1:05:55	32	1:05:55
Südergellersen	10.90	1:02:48	5:45	42	17:29	42	17:29	90.30	8:45:18	5:49	33	1:23:24	33	1:23:24
Sülzwiesen	9.70	49:47	5:07	22	5:53	22	5:53	100.00	9:35:05	5:45	34	1:26:23	34	1:26:23