



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lüneläufer

□□□: 9:36:40

□□: 210

□□: 10.40 km/h

□□□□: 5:46 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 36 (of 76)

□□□□□□: 8:08:42

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□□□□□: 36(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	53:41	5:09	18	14:13	18	14:13	10.40	53:41	5:09	18	14:13	18	14:13
Amelinghausen	13.60	1:17:04	5:40	43	19:50	43	19:50	24.00	2:10:45	5:26	31	29:22	31	29:22
Schwindebeck	8.30	54:50	6:36	56	17:58	56	17:58	32.30	3:05:35	5:44	38	35:03	38	35:03
Bispingen	9.60	1:05:04	6:46	58	19:48	58	19:48	41.90	4:10:39	5:58	49	51:03	49	51:03
Overhaverbeck	10.80	1:01:27	5:41	41	15:53	41	15:53	52.70	5:12:06	5:55	48	56:45	48	56:45
Undeloh	6.90	49:37	7:11	60	20:55	60	20:55	59.60	6:01:43	6:04	53	1:07:15	53	1:07:15
Egestorf	9.20	48:43	5:17	10	7:18	10	7:18	68.80	6:50:26	5:57	44	1:03:41	44	1:03:41
Salzhausen	10.60	56:21	5:18	22	14:20	22	14:20	79.40	7:46:47	5:52	37	1:10:12	37	1:10:12
Südergellersen	10.90	1:01:10	5:36	36	15:51	36	15:51	90.30	8:47:57	5:50	37	1:26:03	37	1:26:03
Sülzwiesen	9.70	48:43	5:01	18	4:49	18	4:49	100.00	9:36:40	5:46	36	1:27:58	36	1:27:58