



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Norderstedt läuft

□□□: 9:37:02

□□: 211

□□: 10.40 km/h

□□□□: 5:46 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 37 (of 76)

□□□□□□: 8:08:42

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□□□□□: 37(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:06:22	6:22	63	26:54	63	26:54	10.40	1:06:22	6:22	63	26:54	63	26:54
Amelinghausen	13.60	1:21:44	6:00	57	24:30	57	24:30	24.00	2:28:06	6:10	62	46:43	62	46:43
Schwindebeck	8.30	55:00	6:37	57	18:08	57	18:08	32.30	3:23:06	6:17	64	52:34	64	52:34
Bispingen	9.60	53:15	5:32	17	7:59	17	7:59	41.90	4:16:21	6:07	53	56:45	53	56:45
Overhaverbeck	10.80	1:09:32	6:26	58	23:58	58	23:58	52.70	5:25:53	6:11	59	1:10:32	59	1:10:32
Undeloh	6.90	46:36	6:45	52	17:54	52	17:54	59.60	6:12:29	6:14	60	1:18:01	60	1:18:01
Egestorf	9.20	51:55	5:38	21	10:30	21	10:30	68.80	7:04:24	6:10	54	1:17:39	54	1:17:39
Salzhausen	10.60	48:46	4:36	4	6:45	4	6:45	79.40	7:53:10	5:57	43	1:16:35	43	1:16:35
Südergellersen	10.90	53:20	4:53	5	8:01	5	8:01	90.30	8:46:30	5:49	35	1:24:36	35	1:24:36
Sülzwiesen	9.70	50:32	5:12	24	6:38	24	6:38	100.00	9:37:02	5:46	37	1:28:20	37	1:28:20