



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Sparkasse Lüneburg

□□□: 9:39:04

□□: 265

□□: 10.36 km/h

□□□□: 5:47 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 38 (of 76)

□□□□□□: 8:08:42

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□□□□□: 38(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:00:32	5:49	46	21:04	46	21:04	10.40	1:00:32	5:49	46	21:04	46	21:04
Amelinghausen	13.60	1:21:02	5:57	55	23:48	55	23:48	24.00	2:21:34	5:53	53	40:11	53	40:11
Schwindebeck	8.30	52:12	6:17	49	15:20	49	15:20	32.30	3:13:46	5:59	54	43:14	54	43:14
Bispingen	9.60	1:07:55	7:04	68	22:39	68	22:39	41.90	4:21:41	6:14	61	1:02:05	61	1:02:05
Overhaverbeck	10.80	56:42	5:15	23	11:08	23	11:08	52.70	5:18:23	6:02	55	1:03:02	55	1:03:02
Undeloh	6.90	34:24	4:59	5	5:42	5	5:42	59.60	5:52:47	5:55	44	58:19	44	58:19
Egestorf	9.20	54:04	5:52	32	12:39	32	12:39	68.80	6:46:51	5:54	37	1:00:06	37	1:00:06
Salzhausen	10.60	1:01:03	5:45	39	19:02	39	19:02	79.40	7:47:54	5:53	40	1:11:19	40	1:11:19
Südergellersen	10.90	1:07:14	6:10	55	21:55	55	21:55	90.30	8:55:08	5:55	41	1:33:14	41	1:33:14
Sülzwiesen	9.70	43:56	4:31	2	0:02	2	0:02	100.00	9:39:04	5:47	38	1:30:22	38	1:30:22