



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Just for fun!

□□: 270

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 9:40:29

□□: 10.34 km/h

□□□□: 5:48 min/km

□□□□□: 39 (of 76)

□□□□□□: 8:08:42

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Südergellersen	10.40	55:46	5:21	28	16:18	28	16:18	10.40	55:46	5:21	28	16:18	28	16:18
Amelinghausen	13.60	1:24:38	6:13	63	27:24	63	27:24	24.00	2:20:24	5:51	51	39:01	51	39:01
Schwindebeck	8.30	50:49	6:07	43	13:57	43	13:57	32.30	3:11:13	5:55	47	40:41	47	40:41
Bispingen	9.60	56:26	5:52	32	11:10	32	11:10	41.90	4:07:39	5:54	44	48:03	44	48:03
Overhaverbeck	10.80	56:27	5:13	21	10:53	21	10:53	52.70	5:04:06	5:46	40	48:45	40	48:45
Undeloh	6.90	51:34	7:28	65	22:52	65	22:52	59.60	5:55:40	5:58	48	1:01:12	48	1:01:12
Egestorf	9.20	52:12	5:40	23	10:47	23	10:47	68.80	6:47:52	5:55	39	1:01:07	39	1:01:07
Salzhausen	10.60	1:04:36	6:05	48	22:35	48	22:35	79.40	7:52:28	5:57	42	1:15:53	42	1:15:53
Südergellersen	10.90	57:20	5:15	18	12:01	18	12:01	90.30	8:49:48	5:52	39	1:27:54	39	1:27:54
Sülzwiesen	9.70	50:41	5:13	26	6:47	26	6:47	100.00	9:40:29	5:48	39	1:31:47	39	1:31:47