



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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sport.tri.lich

□□: 250

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 8:39:46

□□: 11.54 km/h

□□□□: 5:12 min/km

□□□□□: 4 (of 76)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:04:33	6:12	58	25:05	58	25:05	10.40	1:04:33	6:12	58	25:05	58	25:05
Amelinghausen	13.60	1:08:31	5:02	19	11:17	19	11:17	24.00	2:13:04	5:32	37	31:41	37	31:41
Schwindebeck	8.30	52:08	6:16	48	15:16	48	15:16	32.30	3:05:12	5:44	35	34:40	35	34:40
Bispingen	9.60	50:49	5:17	9	5:33	9	5:33	41.90	3:56:01	5:37	29	36:25	29	36:25
Overhaverbeck	10.80	45:34	4:13	1	-	1	-	52.70	4:41:35	5:20	11	26:14	11	26:14
Undeloh	6.90	31:51	4:36	4	3:09	4	3:09	59.60	5:13:26	5:15	6	18:58	6	18:58
Egestorf	9.20	49:34	5:23	11	8:09	11	8:09	68.80	6:03:00	5:16	4	16:15	4	16:15
Salzhausen	10.60	53:35	5:03	15	11:34	15	11:34	79.40	6:56:35	5:14	4	20:00	4	20:00
Südergellersen	10.90	55:56	5:07	10	10:37	10	10:37	90.30	7:52:31	5:13	6	30:37	6	30:37
Sülzwiesen	9.70	47:15	4:52	10	3:21	10	3:21	100.00	8:39:46	5:11	4	31:04	4	31:04