



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Happy Feet

□□: 255

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 9:41:27

□□: 10.32 km/h

□□□□: 5:49 min/km

□□□□□: 40 (of 76)

□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	57:41	5:32	38	18:13	38	18:13	10.40	57:41	5:32	38	18:13	38	18:13
Amelinghausen	13.60	1:05:39	4:49	13	8:25	13	8:25	24.00	2:03:20	5:08	18	21:57	18	21:57
Schwindebeck	8.30	47:07	5:40	22	10:15	22	10:15	32.30	2:50:27	5:16	16	19:55	16	19:55
Bispingen	9.60	1:13:17	7:38	71	28:01	71	28:01	41.90	4:03:44	5:49	39	44:08	39	44:08
Overhaverbeck	10.80	59:27	5:30	34	13:53	34	13:53	52.70	5:03:11	5:45	37	47:50	37	47:50
Undeloh	6.90	41:33	6:01	32	12:51	32	12:51	59.60	5:44:44	5:47	36	50:16	36	50:16
Egestorf	9.20	1:09:30	7:33	70	28:05	70	28:05	68.80	6:54:14	6:01	47	1:07:29	47	1:07:29
Salzhausen	10.60	56:37	5:20	25	14:36	25	14:36	79.40	7:50:51	5:55	41	1:14:16	41	1:14:16
Südergellersen	10.90	1:00:20	5:32	33	15:01	33	15:01	90.30	8:51:11	5:52	40	1:29:17	40	1:29:17
Sülzwiesen	9.70	50:16	5:10	23	6:22	23	6:22	100.00	9:41:27	5:48	40	1:32:45	40	1:32:45