



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Team BBR

□□□: 9:45:20

□□: 228

□□: 10.25 km/h

□□□□: 5:51 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 41 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 41(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:11:01	6:49	69	31:33	69	31:33	10.40	1:11:01	6:49	69	31:33	69	31:33
Amelinghausen	13.60	1:14:42	5:29	36	17:28	36	17:28	24.00	2:25:43	6:04	60	44:20	60	44:20
Schwindebeck	8.30	1:02:57	7:35	72	26:05	72	26:05	32.30	3:28:40	6:27	69	58:08	69	58:08
Bispingen	9.60	52:57	5:30	15	7:41	15	7:41	41.90	4:21:37	6:14	60	1:02:01	60	1:02:01
Overhaverbeck	10.80	46:24	4:17	3	0:50	3	0:50	52.70	5:08:01	5:50	42	52:40	42	52:40
Undeloh	6.90	31:20	4:32	2	2:38	2	2:38	59.60	5:39:21	5:41	28	44:53	28	44:53
Egestorf	9.20	59:58	6:31	50	18:33	50	18:33	68.80	6:39:19	5:48	31	52:34	31	52:34
Salzhausen	10.60	1:04:51	6:07	49	22:50	49	22:50	79.40	7:44:10	5:50	34	1:07:35	34	1:07:35
Südergellersen	10.90	56:57	5:13	14	11:38	14	11:38	90.30	8:41:07	5:46	30	1:19:13	30	1:19:13
Sülzwiesen	9.70	1:04:13	6:37	66	20:19	66	20:19	100.00	9:45:20	5:51	41	1:36:38	41	1:36:38