



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Hotmelt Speedys

□□□: 9:46:49

□□: 258

□□: 10.22 km/h

□□□□: 5:52 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 42 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 42(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	52:27	5:02	15	12:59	15	12:59	10.40	52:27	5:02	15	12:59	15	12:59
Amelinghausen	13.60	1:10:07	5:09	25	12:53	25	12:53	24.00	2:02:34	5:06	16	21:11	16	21:11
Schwindebeck	8.30	49:23	5:56	34	12:31	34	12:31	32.30	2:51:57	5:19	18	21:25	18	21:25
Bispingen	9.60	1:08:09	7:05	69	22:53	69	22:53	41.90	4:00:06	5:43	33	40:30	33	40:30
Overhaverbeck	10.80	56:40	5:14	22	11:06	22	11:06	52.70	4:56:46	5:37	29	41:25	29	41:25
Undeloh	6.90	41:32	6:01	31	12:50	31	12:50	59.60	5:38:18	5:40	26	43:50	26	43:50
Egestorf	9.20	1:09:50	7:35	72	28:25	72	28:25	68.80	6:48:08	5:55	41	1:01:23	41	1:01:23
Salzhausen	10.60	58:37	5:31	32	16:36	32	16:36	79.40	7:46:45	5:52	36	1:10:10	36	1:10:10
Südergellersen	10.90	1:11:48	6:35	64	26:29	64	26:29	90.30	8:58:33	5:57	44	1:36:39	44	1:36:39
Sülzwiesen	9.70	48:16	4:58	14	4:22	14	4:22	100.00	9:46:49	5:52	42	1:38:07	42	1:38:07