



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Hochwald

□□□: 9:51:13

□□: 209

□□: 10.15 km/h

□□□□: 5:55 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 43 (of 76)

□□□□□□: 8:08:42

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□□□□□: 43(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:07:03	6:26	64	27:35	64	27:35	10.40	1:07:03	6:26	64	27:35	64	27:35
Amelinghausen	13.60	1:12:59	5:21	34	15:45	34	15:45	24.00	2:20:02	5:50	50	38:39	50	38:39
Schwindebeck	8.30	56:06	6:45	60	19:14	60	19:14	32.30	3:16:08	6:04	55	45:36	55	45:36
Bispingen	9.60	49:54	5:11	7	4:38	7	4:38	41.90	4:06:02	5:52	41	46:26	41	46:26
Overhaverbeck	10.80	50:49	4:42	8	5:15	8	5:15	52.70	4:56:51	5:37	30	41:30	30	41:30
Undeloh	6.90	56:52	8:14	72	28:10	72	28:10	59.60	5:53:43	5:56	46	59:15	46	59:15
Egestorf	9.20	1:01:17	6:39	56	19:52	56	19:52	68.80	6:55:00	6:01	49	1:08:15	49	1:08:15
Salzhausen	10.60	1:03:05	5:57	46	21:04	46	21:04	79.40	7:58:05	6:01	47	1:21:30	47	1:21:30
Südergellersen	10.90	1:02:29	5:43	40	17:10	40	17:10	90.30	9:00:34	5:59	45	1:38:40	45	1:38:40
Sülzwiesen	9.70	50:39	5:13	25	6:45	25	6:45	100.00	9:51:13	5:54	43	1:42:31	43	1:42:31