



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Bettinas fantastischen 10

□□□: 9:52:34

□□: 217

□□: 10.13 km/h

□□□□: 5:56 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 45 (of 76)

□□□□□□: 8:08:42

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□□□□□: 45(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:10:54	6:49	68	31:26	68	31:26	10.40	1:10:54	6:49	68	31:26	68	31:26
Amelinghausen	13.60	1:11:47	5:16	29	14:33	29	14:33	24.00	2:22:41	5:56	56	41:18	56	41:18
Schwindebeck	8.30	48:38	5:51	30	11:46	30	11:46	32.30	3:11:19	5:55	48	40:47	48	40:47
Bispingen	9.60	1:07:54	7:04	67	22:38	67	22:38	41.90	4:19:13	6:11	58	59:37	58	59:37
Overhaverbeck	10.80	1:03:45	5:54	47	18:11	47	18:11	52.70	5:22:58	6:07	57	1:07:37	57	1:07:37
Undeloh	6.90	36:51	5:20	10	8:09	10	8:09	59.60	5:59:49	6:02	52	1:05:21	52	1:05:21
Egestorf	9.20	57:37	6:15	43	16:12	43	16:12	68.80	6:57:26	6:04	51	1:10:41	51	1:10:41
Salzhausen	10.60	42:01	3:57	1	-	1	-	79.40	7:39:27	5:47	31	1:02:52	31	1:02:52
Südergellersen	10.90	1:16:40	7:02	72	31:21	72	31:21	90.30	8:56:07	5:56	42	1:34:13	42	1:34:13
Sülzwiesen	9.70	56:27	5:49	49	12:33	49	12:33	100.00	9:52:34	5:55	45	1:43:52	45	1:43:52