



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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In Oldendorf löppte

□□□: 9:52:04

□□: 253

□□: 10.13 km/h

□□□□: 5:55 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 44 (of 76)

□□□□□□: 8:08:42

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□□□□□: 44(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	48:09	4:37	7	8:41	7	8:41	10.40	48:09	4:37	7	8:41	7	8:41
Amelinghausen	13.60	1:26:34	6:21	66	29:20	66	29:20	24.00	2:14:43	5:36	40	33:20	40	33:20
Schwindebeck	8.30	51:32	6:12	47	14:40	47	14:40	32.30	3:06:15	5:45	41	35:43	41	35:43
Bispingen	9.60	57:11	5:57	36	11:55	36	11:55	41.90	4:03:26	5:48	38	43:50	38	43:50
Overhaverbeck	10.80	1:00:13	5:34	36	14:39	36	14:39	52.70	5:03:39	5:45	39	48:18	39	48:18
Undeloh	6.90	40:19	5:50	26	11:37	26	11:37	59.60	5:43:58	5:46	34	49:30	34	49:30
Egestorf	9.20	52:36	5:43	25	11:11	25	11:11	68.80	6:36:34	5:45	27	49:49	27	49:49
Salzhausen	10.60	1:01:09	5:46	41	19:08	41	19:08	79.40	7:37:43	5:45	27	1:01:08	27	1:01:08
Südergellersen	10.90	1:20:30	7:23	76	35:11	76	35:11	90.30	8:58:13	5:57	43	1:36:19	43	1:36:19
Sülzwiesen	9.70	53:51	5:33	39	9:57	39	9:57	100.00	9:52:04	5:55	44	1:43:22	44	1:43:22