



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Moorteufel

□□□: 9:56:33

□□: 205

□□: 10.06 km/h

□□□□: 5:58 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 46 (of 76)

□□□□□□: 8:08:42

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□□□□□: 46(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:01:46	5:56	53	22:18	53	22:18	10.40	1:01:46	5:56	53	22:18	53	22:18
Amelinghausen	13.60	1:19:08	5:49	50	21:54	50	21:54	24.00	2:20:54	5:52	52	39:31	52	39:31
Schwindebeck	8.30	50:49	6:07	43	13:57	43	13:57	32.30	3:11:43	5:56	49	41:11	49	41:11
Bispingen	9.60	58:48	6:07	42	13:32	42	13:32	41.90	4:10:31	5:58	48	50:55	48	50:55
Overhaverbeck	10.80	1:03:29	5:52	46	17:55	46	17:55	52.70	5:14:00	5:57	51	58:39	51	58:39
Undeloh	6.90	44:10	6:24	42	15:28	42	15:28	59.60	5:58:10	6:00	50	1:03:42	50	1:03:42
Egestorf	9.20	56:11	6:06	39	14:46	39	14:46	68.80	6:54:21	6:01	48	1:07:36	48	1:07:36
Salzhausen	10.60	1:09:57	6:35	64	27:56	64	27:56	79.40	8:04:18	6:05	53	1:27:43	53	1:27:43
Südergellersen	10.90	1:00:15	5:31	31	14:56	31	14:56	90.30	9:04:33	6:01	48	1:42:39	48	1:42:39
Sülzwiesen	9.70	52:00	5:21	32	8:06	32	8:06	100.00	9:56:33	5:57	46	1:47:51	46	1:47:51