



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Die Umlaufmappen

□□: 226

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 9:57:23

□□: 10.04 km/h

□□□□: 5:58 min/km

□□□□□: 47 (of 76)

□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	53:41	5:09	18	14:13	18	14:13	10.40	53:41	5:09	18	14:13	18	14:13
Amelinghausen	13.60	1:17:59	5:44	47	20:45	47	20:45	24.00	2:11:40	5:29	34	30:17	34	30:17
Schwindebeck	8.30	39:29	4:45	4	2:37	4	2:37	32.30	2:51:09	5:17	17	20:37	17	20:37
Bispingen	9.60	1:01:13	6:22	51	15:57	51	15:57	41.90	3:52:22	5:32	22	32:46	22	32:46
Overhaverbeck	10.80	1:10:55	6:33	62	25:21	62	25:21	52.70	5:03:17	5:45	38	47:56	38	47:56
Undeloh	6.90	40:06	5:48	24	11:24	24	11:24	59.60	5:43:23	5:45	32	48:55	32	48:55
Egestorf	9.20	1:12:15	7:51	73	30:50	73	30:50	68.80	6:55:38	6:02	50	1:08:53	50	1:08:53
Salzhausen	10.60	1:02:22	5:53	44	20:21	44	20:21	79.40	7:58:00	6:01	46	1:21:25	46	1:21:25
Südergellersen	10.90	1:03:15	5:48	44	17:56	44	17:56	90.30	9:01:15	5:59	46	1:39:21	46	1:39:21
Sülzwiesen	9.70	56:08	5:47	47	12:14	47	12:14	100.00	9:57:23	5:58	47	1:48:41	47	1:48:41