



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Avacon-Team

□□□: 10:02:17

□□: 277

□□: 9.96 km/h

□□□□: 6:01 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 48 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 48(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:55	5:28	34	17:27	34	17:27	10.40	56:55	5:28	34	17:27	34	17:27
Amelinghausen	13.60	1:22:47	6:05	58	25:33	58	25:33	24.00	2:19:42	5:49	49	38:19	49	38:19
Schwindebeck	8.30	42:00	5:03	11	5:08	11	5:08	32.30	3:01:42	5:37	29	31:10	29	31:10
Bispingen	9.60	1:14:44	7:47	74	29:28	74	29:28	41.90	4:16:26	6:07	54	56:50	54	56:50
Overhaverbeck	10.80	54:29	5:02	18	8:55	18	8:55	52.70	5:10:55	5:53	47	55:34	47	55:34
Undeloh	6.90	34:55	5:03	6	6:13	6	6:13	59.60	5:45:50	5:48	39	51:22	39	51:22
Egestorf	9.20	1:03:17	6:52	59	21:52	59	21:52	68.80	6:49:07	5:56	43	1:02:22	43	1:02:22
Salzhausen	10.60	1:13:28	6:55	69	31:27	69	31:27	79.40	8:02:35	6:04	51	1:26:00	51	1:26:00
Südergellersen	10.90	1:07:24	6:11	56	22:05	56	22:05	90.30	9:09:59	6:05	53	1:48:05	53	1:48:05
Sülzwiesen	9.70	52:18	5:23	35	8:24	35	8:24	100.00	10:02:17	6:01	48	1:53:35	48	1:53:35