



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff-TV-Uelzen

□□□: 10:02:41

□□: 242

□□: 9.96 km/h

□□□□: 6:02 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 49 (of 76)

□□□□□□: 8:08:42

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□□□□□: 49(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	55:39	5:21	27	16:11	27	16:11	10.40	55:39	5:21	27	16:11	27	16:11
Amelinghausen	13.60	1:19:18	5:49	51	22:04	51	22:04	24.00	2:14:57	5:37	41	33:34	41	33:34
Schwindebeck	8.30	50:12	6:02	39	13:20	39	13:20	32.30	3:05:09	5:43	34	34:37	34	34:37
Bispingen	9.60	50:41	5:16	8	5:25	8	5:25	41.90	3:55:50	5:37	28	36:14	28	36:14
Overhaverbeck	10.80	1:12:42	6:43	66	27:08	66	27:08	52.70	5:08:32	5:51	43	53:11	43	53:11
Undeloh	6.90	41:38	6:02	33	12:56	33	12:56	59.60	5:50:10	5:52	41	55:42	41	55:42
Egestorf	9.20	1:08:42	7:28	69	27:17	69	27:17	68.80	6:58:52	6:05	53	1:12:07	53	1:12:07
Salzhausen	10.60	57:50	5:27	30	15:49	30	15:49	79.40	7:56:42	6:00	45	1:20:07	45	1:20:07
Südergellersen	10.90	1:04:39	5:55	48	19:20	48	19:20	90.30	9:01:21	5:59	47	1:39:27	47	1:39:27
Sülzwiesen	9.70	1:01:20	6:19	60	17:26	60	17:26	100.00	10:02:41	6:01	49	1:53:59	49	1:53:59