



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Ludolph & Co.

□□□: 8:48:07

□□: 214

□□: 11.36 km/h

□□□□: 5:17 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 5 (of 76)

□□□□□□: 8:08:42

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□□□□□: 5(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	39:28	3:47	1	-	1	-	10.40	39:28	3:47	1	-	1	-
Amelinghausen	13.60	1:01:55	4:33	5	4:41	5	4:41	24.00	1:41:23	4:13	1	-	1	-
Schwindebeck	8.30	49:33	5:58	35	12:41	35	12:41	32.30	2:30:56	4:40	2	0:24	2	0:24
Bispingen	9.60	48:40	5:04	4	3:24	4	3:24	41.90	3:19:36	4:45	1	-	1	-
Overhaverbeck	10.80	55:45	5:09	20	10:11	20	10:11	52.70	4:15:21	4:50	1	-	1	-
Undeloh	6.90	39:07	5:40	18	10:25	18	10:25	59.60	4:54:28	4:56	1	-	1	-
Egestorf	9.20	52:17	5:40	24	10:52	24	10:52	68.80	5:46:45	5:02	1	-	1	-
Salzhausen	10.60	1:05:09	6:08	51	23:08	51	23:08	79.40	6:51:54	5:11	2	15:19	2	15:19
Südergellersen	10.90	57:37	5:17	20	12:18	20	12:18	90.30	7:49:31	5:11	4	27:37	4	27:37
Sülzwiesen	9.70	58:36	6:02	52	14:42	52	14:42	100.00	8:48:07	5:16	5	39:25	5	39:25