



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Team Steuerbüro Günter Schönfeldt 1□□□: 10:05:53

□□: 218

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□: 9.90 km/h

□□□□: 6:04 min/km

□□□□□: 51 (of 76)

□□□□□□: 8:08:42

□□□□□: 51(of 76)

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:08:53	6:37	66	29:25	66	29:25	10.40	1:08:53	6:37	66	29:25	66	29:25
Amelinghausen	13.60	1:27:40	6:26	68	30:26	68	30:26	24.00	2:36:33	6:31	69	55:10	69	55:10
Schwindebeck	8.30	55:32	6:41	59	18:40	59	18:40	32.30	3:32:05	6:33	70	1:01:33	70	1:01:33
Bispingen	9.60	1:06:02	6:52	62	20:46	62	20:46	41.90	4:38:07	6:38	71	1:18:31	71	1:18:31
Overhaverbeck	10.80	50:46	4:42	7	5:12	7	5:12	52.70	5:28:53	6:14	63	1:13:32	63	1:13:32
Undeloh	6.90	39:11	5:40	19	10:29	19	10:29	59.60	6:08:04	6:10	56	1:13:36	56	1:13:36
Egestorf	9.20	1:03:55	6:56	62	22:30	62	22:30	68.80	7:11:59	6:16	61	1:25:14	61	1:25:14
Salzhausen	10.60	1:00:47	5:44	38	18:46	38	18:46	79.40	8:12:46	6:12	57	1:36:11	57	1:36:11
Südergellersen	10.90	58:45	5:23	23	13:26	23	13:26	90.30	9:11:31	6:06	54	1:49:37	54	1:49:37
Sülzwiesen	9.70	54:22	5:36	41	10:28	41	10:28	100.00	10:05:53	6:03	51	1:57:11	51	1:57:11