



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Die Zappis

□□□: 10:05:43

□□: 264

□□: 9.91 km/h

□□□□: 6:04 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 50 (of 76)

□□□□□□: 8:08:42

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□□□□□: 50(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:00:11	5:47	45	20:43	45	20:43	10.40	1:00:11	5:47	45	20:43	45	20:43
Amelinghausen	13.60	1:12:43	5:20	32	15:29	32	15:29	24.00	2:12:54	5:32	36	31:31	36	31:31
Schwindebeck	8.30	59:10	7:07	64	22:18	64	22:18	32.30	3:12:04	5:56	51	41:32	51	41:32
Bispingen	9.60	57:26	5:58	37	12:10	37	12:10	41.90	4:09:30	5:57	47	49:54	47	49:54
Overhaverbeck	10.80	1:03:01	5:50	44	17:27	44	17:27	52.70	5:12:31	5:55	49	57:10	49	57:10
Undeloh	6.90	52:26	7:35	68	23:44	68	23:44	59.60	6:04:57	6:07	54	1:10:29	54	1:10:29
Egestorf	9.20	1:04:39	7:01	63	23:14	63	23:14	68.80	7:09:36	6:14	57	1:22:51	57	1:22:51
Salzhausen	10.60	52:03	4:54	9	10:02	9	10:02	79.40	8:01:39	6:03	50	1:25:04	50	1:25:04
Südergellersen	10.90	1:07:46	6:13	57	22:27	57	22:27	90.30	9:09:25	6:05	52	1:47:31	52	1:47:31
Sülzwiesen	9.70	56:18	5:48	48	12:24	48	12:24	100.00	10:05:43	6:03	50	1:57:01	50	1:57:01