



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff MTV Bispingen 1

□□□: 10:08:29

□□: 221

□□: 9.86 km/h

□□□□: 6:05 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 52 (of 76)

□□□□□□: 8:08:42

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□□□□□: 52(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	53:59	5:11	20	14:31	20	14:31	10.40	53:59	5:11	20	14:31	20	14:31
Amelinghausen	13.60	1:15:49	5:34	40	18:35	40	18:35	24.00	2:09:48	5:24	28	28:25	28	28:25
Schwindebeck	8.30	59:01	7:06	63	22:09	63	22:09	32.30	3:08:49	5:50	43	38:17	43	38:17
Bispingen	9.60	51:03	5:19	11	5:47	11	5:47	41.90	3:59:52	5:43	32	40:16	32	40:16
Overhaverbeck	10.80	1:10:02	6:29	60	24:28	60	24:28	52.70	5:09:54	5:52	46	54:33	46	54:33
Undeloh	6.90	1:02:34	9:04	75	33:52	75	33:52	59.60	6:12:28	6:14	59	1:18:00	59	1:18:00
Egestorf	9.20	54:38	5:56	37	13:13	37	13:13	68.80	7:07:06	6:12	56	1:20:21	56	1:20:21
Salzhausen	10.60	57:50	5:27	30	15:49	30	15:49	79.40	8:04:56	6:06	54	1:28:21	54	1:28:21
Südergellersen	10.90	1:02:02	5:41	38	16:43	38	16:43	90.30	9:06:58	6:03	50	1:45:04	50	1:45:04
Sülzwiesen	9.70	1:01:31	6:20	61	17:37	61	17:37	100.00	10:08:29	6:05	52	1:59:47	52	1:59:47