



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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gesundheitsorientiertes Laufteam Post SV 10 Delitzsch

□□: 243

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□: 9.81 km/h

□□□□: 6:07 min/km

□□□□□: 53 (of 76)

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Südergellersen	10.40	1:10:42	6:47	67	31:14	67	31:14	10.40	1:10:42	6:47	67	31:14	67	31:14
Amelinghausen	13.60	1:23:58	6:10	60	26:44	60	26:44	24.00	2:34:40	6:26	67	53:17	67	53:17
Schwindebeck	8.30	49:42	5:59	36	12:50	36	12:50	32.30	3:24:22	6:19	65	53:50	65	53:50
Bispingen	9.60	58:07	6:03	40	12:51	40	12:51	41.90	4:22:29	6:15	62	1:02:53	62	1:02:53
Overhaverbeck	10.80	1:06:07	6:07	51	20:33	51	20:33	52.70	5:28:36	6:14	60	1:13:15	60	1:13:15
Undeloh	6.90	39:41	5:45	23	10:59	23	10:59	59.60	6:08:17	6:10	57	1:13:49	57	1:13:49
Egestorf	9.20	1:03:34	6:54	60	22:09	60	22:09	68.80	7:11:51	6:16	60	1:25:06	60	1:25:06
Salzhausen	10.60	55:33	5:14	20	13:32	20	13:32	79.40	8:07:24	6:08	56	1:30:49	56	1:30:49
Südergellersen	10.90	1:16:03	6:58	69	30:44	69	30:44	90.30	9:23:27	6:14	62	2:01:33	62	2:01:33
Sülzwiesen	9.70	47:56	4:56	12	4:02	12	4:02	100.00	10:11:23	6:06	53	2:02:41	53	2:02:41