



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heidekreis 2

□□□: 10:11:48

□□: 216

□□: 9.81 km/h

□□□□: 6:07 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 54 (of 76)

□□□□□□: 8:08:42

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□□□□□: 54(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	49:13	4:43	9	9:45	9	9:45	10.40	49:13	4:43	9	9:45	9	9:45
Amelinghausen	13.60	1:08:56	5:04	22	11:42	22	11:42	24.00	1:58:09	4:55	11	16:46	11	16:46
Schwindebeck	8.30	47:46	5:45	24	10:54	24	10:54	32.30	2:45:55	5:08	12	15:23	12	15:23
Bispingen	9.60	1:05:51	6:51	60	20:35	60	20:35	41.90	3:51:46	5:31	20	32:10	20	32:10
Overhaverbeck	10.80	1:03:23	5:52	45	17:49	45	17:49	52.70	4:55:09	5:36	27	39:48	27	39:48
Undeloh	6.90	42:48	6:12	38	14:06	38	14:06	59.60	5:37:57	5:40	25	43:29	25	43:29
Egestorf	9.20	1:05:14	7:05	65	23:49	65	23:49	68.80	6:43:11	5:51	33	56:26	33	56:26
Salzhausen	10.60	1:34:11	8:53	76	52:10	76	52:10	79.40	8:17:22	6:15	59	1:40:47	59	1:40:47
Südergellersen	10.90	1:00:13	5:31	29	14:54	29	14:54	90.30	9:17:35	6:10	55	1:55:41	55	1:55:41
Sülzwiesen	9.70	54:13	5:35	40	10:19	40	10:19	100.00	10:11:48	6:07	54	2:03:06	54	2:03:06