



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Manzke Runners

□□□: 10:13:24

□□: 229

□□: 9.78 km/h

□□□□: 6:08 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 55 (of 76)

□□□□□□: 8:08:42

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□□□□□: 55(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	59:51	5:45	43	20:23	43	20:23	10.40	59:51	5:45	43	20:23	43	20:23
Amelinghausen	13.60	1:15:14	5:31	39	18:00	39	18:00	24.00	2:15:05	5:37	42	33:42	42	33:42
Schwindebeck	8.30	50:27	6:04	42	13:35	42	13:35	32.30	3:05:32	5:44	37	35:00	37	35:00
Bispingen	9.60	50:57	5:18	10	5:41	10	5:41	41.90	3:56:29	5:38	31	36:53	31	36:53
Overhaverbeck	10.80	1:17:35	7:11	71	32:01	71	32:01	52.70	5:14:04	5:57	52	58:43	52	58:43
Undeloh	6.90	51:21	7:26	64	22:39	64	22:39	59.60	6:05:25	6:07	55	1:10:57	55	1:10:57
Egestorf	9.20	53:16	5:47	28	11:51	28	11:51	68.80	6:58:41	6:05	52	1:11:56	52	1:11:56
Salzhausen	10.60	1:08:25	6:27	60	26:24	60	26:24	79.40	8:07:06	6:08	55	1:30:31	55	1:30:31
Südergellersen	10.90	1:13:51	6:46	65	28:32	65	28:32	90.30	9:20:57	6:12	58	1:59:03	58	1:59:03
Sülzwiesen	9.70	52:27	5:24	36	8:33	36	8:33	100.00	10:13:24	6:08	55	2:04:42	55	2:04:42