



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Mensch, Wir

□□□: 10:16:23

□□: 273

□□: 9.73 km/h

□□□□: 6:10 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 56 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 56(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	48:32	4:39	8	9:04	8	9:04	10.40	48:32	4:39	8	9:04	8	9:04
Amelinghausen	13.60	1:21:39	6:00	56	24:25	56	24:25	24.00	2:10:11	5:25	30	28:48	30	28:48
Schwindebeck	8.30	1:02:22	7:30	69	25:30	69	25:30	32.30	3:12:33	5:57	52	42:01	52	42:01
Bispingen	9.60	1:06:35	6:56	64	21:19	64	21:19	41.90	4:19:08	6:11	57	59:32	57	59:32
Overhaverbeck	10.80	57:00	5:16	25	11:26	25	11:26	52.70	5:16:08	5:59	53	1:00:47	53	1:00:47
Undeloh	6.90	36:55	5:21	11	8:13	11	8:13	59.60	5:53:03	5:55	45	58:35	45	58:35
Egestorf	9.20	59:53	6:30	49	18:28	49	18:28	68.80	6:52:56	6:00	45	1:06:11	45	1:06:11
Salzhausen	10.60	1:05:32	6:10	53	23:31	53	23:31	79.40	7:58:28	6:01	48	1:21:53	48	1:21:53
Südergellersen	10.90	1:10:26	6:27	61	25:07	61	25:07	90.30	9:08:54	6:04	51	1:47:00	51	1:47:00
Sülzwiesen	9.70	1:07:29	6:57	70	23:35	70	23:35	100.00	10:16:23	6:09	56	2:07:41	56	2:07:41