



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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running digits

□□: 212

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 10:17:39

□□: 9.71 km/h

□□□□: 6:11 min/km

□□□□□: 57 (of 76)

□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	43:43	4:12	3	4:15	3	4:15	10.40	43:43	4:12	3	4:15	3	4:15
Amelinghausen	13.60	1:38:46	7:15	73	41:32	73	41:32	24.00	2:22:29	5:56	55	41:06	55	41:06
Schwindebeck	8.30	48:02	5:47	26	11:10	26	11:10	32.30	3:10:31	5:53	45	39:59	45	39:59
Bispingen	9.60	55:19	5:45	26	10:03	26	10:03	41.90	4:05:50	5:52	40	46:14	40	46:14
Overhaverbeck	10.80	1:02:55	5:49	43	17:21	43	17:21	52.70	5:08:45	5:51	44	53:24	44	53:24
Undeloh	6.90	48:19	7:00	55	19:37	55	19:37	59.60	5:57:04	5:59	49	1:02:36	49	1:02:36
Egestorf	9.20	1:18:07	8:29	76	36:42	76	36:42	68.80	7:15:11	6:19	62	1:28:26	62	1:28:26
Salzhausen	10.60	1:07:43	6:23	56	25:42	56	25:42	79.40	8:22:54	6:20	64	1:46:19	64	1:46:19
Südergellersen	10.90	59:03	5:25	25	13:44	25	13:44	90.30	9:21:57	6:13	59	2:00:03	59	2:00:03
Sülzwiesen	9.70	55:42	5:44	44	11:48	44	11:48	100.00	10:17:39	6:10	57	2:08:57	57	2:08:57