



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff Geesthacht

□□□: 10:19:30

□□: 206

□□: 9.69 km/h

□□□□: 6:12 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 58 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 58(of 76)

Staffel

□□□□□□□: 8:08:42

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.40 | 55:07 | 5:17 | 25 | 15:39 | 25 | 15:39 | 10.40 | 55:07 | 5:17 | 25 | 15:39 | 25 | 15:39 |
| Amelinghausen | 13.60 | 1:24:19 | 6:11 | 62 | 27:05 | 62 | 27:05 | 24.00 | 2:19:26 | 5:48 | 48 | 38:03 | 48 | 38:03 |
| Schwindebeck | 8.30 | 36:52 | 4:26 | 1 | - | 1 | - | 32.30 | 2:56:18 | 5:27 | 27 | 25:46 | 27 | 25:46 |
| Bispingen | 9.60 | 55:18 | 5:45 | 25 | 10:02 | 25 | 10:02 | 41.90 | 3:51:36 | 5:31 | 19 | 32:00 | 19 | 32:00 |
| Overhaverbeck | 10.80 | 58:40 | 5:25 | 30 | 13:06 | 30 | 13:06 | 52.70 | 4:50:16 | 5:30 | 17 | 34:55 | 17 | 34:55 |
| Undeloh | 6.90 | 48:45 | 7:03 | 56 | 20:03 | 56 | 20:03 | 59.60 | 5:39:01 | 5:41 | 27 | 44:33 | 27 | 44:33 |
| Egestorf | 9.20 | 1:08:30 | 7:26 | 68 | 27:05 | 68 | 27:05 | 68.80 | 6:47:31 | 5:55 | 38 | 1:00:46 | 38 | 1:00:46 |
| Salzhausen | 10.60 | 1:15:15 | 7:05 | 71 | 33:14 | 71 | 33:14 | 79.40 | 8:02:46 | 6:04 | 52 | 1:26:11 | 52 | 1:26:11 |
| Südergellersen | 10.90 | 1:15:39 | 6:56 | 68 | 30:20 | 68 | 30:20 | 90.30 | 9:18:25 | 6:11 | 56 | 1:56:31 | 56 | 1:56:31 |
| Sülzwiesen | 9.70 | 1:01:05 | 6:17 | 58 | 17:11 | 58 | 17:11 | 100.00 | 10:19:30 | 6:11 | 58 | 2:10:48 | 58 | 2:10:48 |