



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

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□□□□□: 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