



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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MTV Bad Bevensen 1

□□□: 10:23:15

□□: 248

□□: 9.63 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 59 (of 76)

□□□□□□: 8:08:42

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□□□□□: 59(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:01:25	5:54	52	21:57	52	21:57	10.40	1:01:25	5:54	52	21:57	52	21:57
Amelinghausen	13.60	1:07:01	4:55	16	9:47	16	9:47	24.00	2:08:26	5:21	24	27:03	24	27:03
Schwindebeck	8.30	53:49	6:29	54	16:57	54	16:57	32.30	3:02:15	5:38	32	31:43	32	31:43
Bispingen	9.60	58:17	6:04	41	13:01	41	13:01	41.90	4:00:32	5:44	34	40:56	34	40:56
Overhaverbeck	10.80	59:50	5:32	35	14:16	35	14:16	52.70	5:00:22	5:41	33	45:01	33	45:01
Undeloh	6.90	41:28	6:00	30	12:46	30	12:46	59.60	5:41:50	5:44	30	47:22	30	47:22
Egestorf	9.20	1:04:56	7:03	64	23:31	64	23:31	68.80	6:46:46	5:54	36	1:00:01	36	1:00:01
Salzhausen	10.60	1:14:16	7:00	70	32:15	70	32:15	79.40	8:01:02	6:03	49	1:24:27	49	1:24:27
Südergellersen	10.90	1:04:56	5:57	49	19:37	49	19:37	90.30	9:05:58	6:02	49	1:44:04	49	1:44:04
Sülzwiesen	9.70	1:17:17	7:58	74	33:23	74	33:23	100.00	10:23:15	6:13	59	2:14:33	59	2:14:33