



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff Holsen

□□□: 8:48:18

□□: 213

□□: 11.36 km/h

□□□□: 5:17 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 6 (of 76)

□□□□□□: 8:08:42

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□□□□□: 6(of 76)

Staffel

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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	1:02:35	4:36	9	5:21	9	5:21	24.00	1:46:18	4:25	4	4:55	4	4:55
Schwindebeck	8.30	52:47	6:21	51	15:55	51	15:55	32.30	2:39:05	4:55	4	8:33	4	8:33
Bispingen	9.60	54:08	5:38	18	8:52	18	8:52	41.90	3:33:13	5:05	4	13:37	4	13:37
Overhaverbeck	10.80	57:12	5:17	26	11:38	26	11:38	52.70	4:30:25	5:07	5	15:04	5	15:04
Undeloh	6.90	38:13	5:32	15	9:31	15	9:31	59.60	5:08:38	5:10	4	14:10	4	14:10
Egestorf	9.20	58:52	6:23	44	17:27	44	17:27	68.80	6:07:30	5:20	7	20:45	7	20:45
Salzhausen	10.60	49:33	4:40	6	7:32	6	7:32	79.40	6:57:03	5:15	5	20:28	5	20:28
Südergellersen	10.90	55:27	5:05	9	10:08	9	10:08	90.30	7:52:30	5:13	5	30:36	5	30:36
Sülzwiesen	9.70	55:48	5:45	45	11:54	45	11:54	100.00	8:48:18	5:16	6	39:36	6	39:36