



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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LAP Laser 1

□□□: 10:24:12

□□: 263

□□: 9.61 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 64 (of 76)

□□□□□□: 8:08:42

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□□□□□: 64(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:01:03	5:52	51	21:35	51	21:35	10.40	1:01:03	5:52	51	21:35	51	21:35
Amelinghausen	13.60	1:56:06	8:32	76	58:52	76	58:52	24.00	2:57:09	7:22	74	1:15:46	74	1:15:46
Schwindebeck	8.30	44:12	5:19	16	7:20	16	7:20	32.30	3:41:21	6:51	73	1:10:49	73	1:10:49
Bispingen	9.60	54:53	5:43	21	9:37	21	9:37	41.90	4:36:14	6:35	70	1:16:38	70	1:16:38
Overhaverbeck	10.80	1:04:56	6:00	48	19:22	48	19:22	52.70	5:41:10	6:28	69	1:25:49	69	1:25:49
Undeloh	6.90	44:47	6:29	47	16:05	47	16:05	59.60	6:25:57	6:28	68	1:31:29	68	1:31:29
Egestorf	9.20	50:37	5:30	14	9:12	14	9:12	68.80	7:16:34	6:20	63	1:29:49	63	1:29:49
Salzhausen	10.60	1:09:05	6:31	62	27:04	62	27:04	79.40	8:25:39	6:22	66	1:49:04	66	1:49:04
Südergellersen	10.90	57:14	5:15	17	11:55	17	11:55	90.30	9:22:53	6:14	61	2:00:59	61	2:00:59
Sülzwiesen	9.70	1:01:19	6:19	59	17:25	59	17:25	100.00	10:24:12	6:14	64	2:15:30	64	2:15:30