



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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LAP Laser 2

□□□: 10:23:23

□□: 274

□□: 9.62 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 61 (of 76)

□□□□□□: 8:08:42

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□□□□□: 61(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:01:02	5:52	50	21:34	50	21:34	10.40	1:01:02	5:52	50	21:34	50	21:34
Amelinghausen	13.60	1:33:09	6:50	71	35:55	71	35:55	24.00	2:34:11	6:25	66	52:48	66	52:48
Schwindebeck	8.30	42:35	5:07	12	5:43	12	5:43	32.30	3:16:46	6:05	57	46:14	57	46:14
Bispingen	9.60	1:01:58	6:27	54	16:42	54	16:42	41.90	4:18:44	6:10	56	59:08	56	59:08
Overhaverbeck	10.80	1:22:27	7:38	75	36:53	75	36:53	52.70	5:41:11	6:28	70	1:25:50	70	1:25:50
Undeloh	6.90	44:47	6:29	47	16:05	47	16:05	59.60	6:25:58	6:28	69	1:31:30	69	1:31:30
Egestorf	9.20	50:36	5:30	13	9:11	13	9:11	68.80	7:16:34	6:20	63	1:29:49	63	1:29:49
Salzhausen	10.60	1:09:06	6:31	63	27:05	63	27:05	79.40	8:25:40	6:22	67	1:49:05	67	1:49:05
Südergellersen	10.90	57:12	5:14	16	11:53	16	11:53	90.30	9:22:52	6:13	60	2:00:58	60	2:00:58
Sülzwiesen	9.70	1:00:31	6:14	57	16:37	57	16:37	100.00	10:23:23	6:14	61	2:14:41	61	2:14:41