



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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SG Bomlitz Wolfsrudel

□□□: 10:24:07

□□: 276

□□: 9.61 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 63 (of 76)

□□□□□□: 8:08:42

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□□□□□: 63(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:03:05	6:03	57	23:37	57	23:37	10.40	1:03:05	6:03	57	23:37	57	23:37
Amelinghausen	13.60	1:28:07	6:28	69	30:53	69	30:53	24.00	2:31:12	6:17	65	49:49	65	49:49
Schwindebeck	8.30	48:54	5:53	32	12:02	32	12:02	32.30	3:20:06	6:11	62	49:34	62	49:34
Bispingen	9.60	1:03:17	6:35	56	18:01	56	18:01	41.90	4:23:23	6:17	64	1:03:47	64	1:03:47
Overhaverbeck	10.80	1:11:48	6:38	65	26:14	65	26:14	52.70	5:35:11	6:21	66	1:19:50	66	1:19:50
Undeloh	6.90	38:09	5:31	14	9:27	14	9:27	59.60	6:13:20	6:15	61	1:18:52	61	1:18:52
Egestorf	9.20	1:03:43	6:55	61	22:18	61	22:18	68.80	7:17:03	6:21	65	1:30:18	65	1:30:18
Salzhausen	10.60	59:27	5:36	34	17:26	34	17:26	79.40	8:16:30	6:15	58	1:39:55	58	1:39:55
Südergellersen	10.90	1:07:57	6:14	58	22:38	58	22:38	90.30	9:24:27	6:15	64	2:02:33	64	2:02:33
Sülzwiesen	9.70	59:40	6:09	53	15:46	53	15:46	100.00	10:24:07	6:14	63	2:15:25	63	2:15:25