



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Adendorf/Thomasburg

□□□: 10:27:24

□□: 236

□□: 9.56 km/h

□□□□: 6:16 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 65 (of 76)

□□□□□□: 8:08:42

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□□□□□: 65(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:23	5:25	31	16:55	31	16:55	10.40	56:23	5:25	31	16:55	31	16:55
Amelinghausen	13.60	1:17:43	5:42	46	20:29	46	20:29	24.00	2:14:06	5:35	38	32:43	38	32:43
Schwindebeck	8.30	1:03:01	7:35	73	26:09	73	26:09	32.30	3:17:07	6:06	58	46:35	58	46:35
Bispingen	9.60	1:00:19	6:16	49	15:03	49	15:03	41.90	4:17:26	6:08	55	57:50	55	57:50
Overhaverbeck	10.80	1:11:13	6:35	63	25:39	63	25:39	52.70	5:28:39	6:14	61	1:13:18	61	1:13:18
Undeloh	6.90	51:18	7:26	63	22:36	63	22:36	59.60	6:19:57	6:22	65	1:25:29	65	1:25:29
Egestorf	9.20	1:00:18	6:33	52	18:53	52	18:53	68.80	7:20:15	6:23	67	1:33:30	67	1:33:30
Salzhausen	10.60	1:03:31	5:59	47	21:30	47	21:30	79.40	8:23:46	6:20	65	1:47:11	65	1:47:11
Südergellersen	10.90	1:05:10	5:58	51	19:51	51	19:51	90.30	9:28:56	6:18	66	2:07:02	66	2:07:02
Sülzwiesen	9.70	58:28	6:01	51	14:34	51	14:34	100.00	10:27:24	6:16	65	2:18:42	65	2:18:42