



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lüneburger Salzläufer

□□□: 10:28:19

□□: 225

□□: 9.55 km/h

□□□□: 6:17 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 66 (of 76)

□□□□□□: 8:08:42

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□□□□□: 66(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:22:06	7:53	75	42:38	75	42:38	10.40	1:22:06	7:53	75	42:38	75	42:38
Amelinghausen	13.60	1:19:33	5:50	52	22:19	52	22:19	24.00	2:41:39	6:44	71	1:00:16	71	1:00:16
Schwindebeck	8.30	38:41	4:39	3	1:49	3	1:49	32.30	3:20:20	6:12	63	49:48	63	49:48
Bispingen	9.60	1:05:25	6:48	59	20:09	59	20:09	41.90	4:25:45	6:20	66	1:06:09	66	1:06:09
Overhaverbeck	10.80	1:09:27	6:25	57	23:53	57	23:53	52.70	5:35:12	6:21	67	1:19:51	67	1:19:51
Undeloh	6.90	44:28	6:26	43	15:46	43	15:46	59.60	6:19:40	6:22	64	1:25:12	64	1:25:12
Egestorf	9.20	51:14	5:34	17	9:49	17	9:49	68.80	7:10:54	6:15	58	1:24:09	58	1:24:09
Salzhausen	10.60	1:08:15	6:26	59	26:14	59	26:14	79.40	8:19:09	6:17	61	1:42:34	61	1:42:34
Südergellersen	10.90	1:20:23	7:22	75	35:04	75	35:04	90.30	9:39:32	6:25	68	2:17:38	68	2:17:38
Sülzwiesen	9.70	48:47	5:01	19	4:53	19	4:53	100.00	10:28:19	6:16	66	2:19:37	66	2:19:37