



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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SV Munster Lauftreff

□□□: 10:23:19

□□: 260

□□: 9.63 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 60 (of 76)

□□□□□□: 8:08:42

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□□□□□: 60(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:05:26	6:17	62	25:58	62	25:58	10.40	1:05:26	6:17	62	25:58	62	25:58
Amelinghausen	13.60	1:23:20	6:07	59	26:06	59	26:06	24.00	2:28:46	6:11	64	47:23	64	47:23
Schwindebeck	8.30	59:18	7:08	65	22:26	65	22:26	32.30	3:28:04	6:26	68	57:32	68	57:32
Bispingen	9.60	52:07	5:25	12	6:51	12	6:51	41.90	4:20:11	6:12	59	1:00:35	59	1:00:35
Overhaverbeck	10.80	1:00:20	5:35	38	14:46	38	14:46	52.70	5:20:31	6:04	56	1:05:10	56	1:05:10
Undeloh	6.90	50:10	7:16	62	21:28	62	21:28	59.60	6:10:41	6:13	58	1:16:13	58	1:16:13
Egestorf	9.20	1:00:50	6:36	54	19:25	54	19:25	68.80	7:11:31	6:16	59	1:24:46	59	1:24:46
Salzhausen	10.60	1:10:22	6:38	66	28:21	66	28:21	79.40	8:21:53	6:19	62	1:45:18	62	1:45:18
Südergellersen	10.90	58:49	5:23	24	13:30	24	13:30	90.30	9:20:42	6:12	57	1:58:48	57	1:58:48
Sülzwiesen	9.70	1:02:37	6:27	63	18:43	63	18:43	100.00	10:23:19	6:13	60	2:14:37	60	2:14:37