



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lauftreff Stade

□□□: 10:35:28

□□: 245

□□: 9.44 km/h

□□□□: 6:21 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 67 (of 76)

□□□□□□: 8:08:42

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□□□□□: 67(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	56:30	5:25	33	17:02	33	17:02	10.40	56:30	5:25	33	17:02	33	17:02
Amelinghausen	13.60	1:12:10	5:18	30	14:56	30	14:56	24.00	2:08:40	5:21	25	27:17	25	27:17
Schwindebeck	8.30	1:01:58	7:27	67	25:06	67	25:06	32.30	3:10:38	5:54	46	40:06	46	40:06
Bispingen	9.60	1:14:36	7:46	72	29:20	72	29:20	41.90	4:25:14	6:19	65	1:05:38	65	1:05:38
Overhaverbeck	10.80	52:10	4:49	11	6:36	11	6:36	52.70	5:17:24	6:01	54	1:02:03	54	1:02:03
Undeloh	6.90	57:43	8:21	73	29:01	73	29:01	59.60	6:15:07	6:17	62	1:20:39	62	1:20:39
Egestorf	9.20	51:09	5:33	16	9:44	16	9:44	68.80	7:06:16	6:11	55	1:19:31	55	1:19:31
Salzhausen	10.60	1:12:09	6:48	68	30:08	68	30:08	79.40	8:18:25	6:16	60	1:41:50	60	1:41:50
Südergellersen	10.90	1:06:08	6:04	52	20:49	52	20:49	90.30	9:24:33	6:15	65	2:02:39	65	2:02:39
Sülzwiesen	9.70	1:10:55	7:18	71	27:01	71	27:01	100.00	10:35:28	6:21	67	2:26:46	67	2:26:46