



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

□□□□□□□: 8:08:42

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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 |