



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Landkreis Harburg

□□□: 10:39:10

□□: 238

□□: 9.39 km/h

□□□□: 6:23 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 68 (of 76)

□□□□□□: 8:08:42

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□□□□□: 68(of 76)

Staffel

□□□□□□□: 8:08:42

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.40 | 1:00:32 | 5:49 | 46 | 21:04 | 46 | 21:04 | 10.40 | 1:00:32 | 5:49 | 46 | 21:04 | 46 | 21:04 |
| Amelinghausen | 13.60 | 1:25:04 | 6:15 | 64 | 27:50 | 64 | 27:50 | 24.00 | 2:25:36 | 6:03 | 59 | 44:13 | 59 | 44:13 |
| Schwindebeck | 8.30 | 53:22 | 6:25 | 53 | 16:30 | 53 | 16:30 | 32.30 | 3:18:58 | 6:09 | 61 | 48:26 | 61 | 48:26 |
| Bispingen | 9.60 | 56:15 | 5:51 | 31 | 10:59 | 31 | 10:59 | 41.90 | 4:15:13 | 6:05 | 51 | 55:37 | 51 | 55:37 |
| Overhaverbeck | 10.80 | 1:18:44 | 7:17 | 72 | 33:10 | 72 | 33:10 | 52.70 | 5:33:57 | 6:20 | 65 | 1:18:36 | 65 | 1:18:36 |
| Undeloh | 6.90 | 49:43 | 7:12 | 61 | 21:01 | 61 | 21:01 | 59.60 | 6:23:40 | 6:26 | 66 | 1:29:12 | 66 | 1:29:12 |
| Egestorf | 9.20 | 57:25 | 6:14 | 42 | 16:00 | 42 | 16:00 | 68.80 | 7:21:05 | 6:24 | 68 | 1:34:20 | 68 | 1:34:20 |
| Salzhausen | 10.60 | 1:11:18 | 6:43 | 67 | 29:17 | 67 | 29:17 | 79.40 | 8:32:23 | 6:27 | 69 | 1:55:48 | 69 | 1:55:48 |
| Südergellersen | 10.90 | 1:06:35 | 6:06 | 53 | 21:16 | 53 | 21:16 | 90.30 | 9:38:58 | 6:24 | 67 | 2:17:04 | 67 | 2:17:04 |
| Sülzwiesen | 9.70 | 1:00:12 | 6:12 | 56 | 16:18 | 56 | 16:18 | 100.00 | 10:39:10 | 6:23 | 68 | 2:30:28 | 68 | 2:30:28 |