



# 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