



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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lauffeuer

□□□: 10:46:53

□□: 231

□□: 9.28 km/h

□□□□: 6:28 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 69 (of 76)

□□□□□□: 8:08:42

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□□□□□: 69(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:18:49	7:34	74	39:21	74	39:21	10.40	1:18:49	7:34	74	39:21	74	39:21
Amelinghausen	13.60	1:30:29	6:39	70	33:15	70	33:15	24.00	2:49:18	7:03	72	1:07:55	72	1:07:55
Schwindebeck	8.30	1:02:20	7:30	68	25:28	68	25:28	32.30	3:51:38	7:10	74	1:21:06	74	1:21:06
Bispingen	9.60	1:06:08	6:53	63	20:52	63	20:52	41.90	4:57:46	7:06	75	1:38:10	75	1:38:10
Overhaverbeck	10.80	1:07:04	6:12	53	21:30	53	21:30	52.70	6:04:50	6:55	74	1:49:29	74	1:49:29
Undeloh	6.90	38:07	5:31	13	9:25	13	9:25	59.60	6:42:57	6:45	71	1:48:29	71	1:48:29
Egestorf	9.20	59:19	6:26	45	17:54	45	17:54	68.80	7:42:16	6:43	71	1:55:31	71	1:55:31
Salzhausen	10.60	1:08:34	6:28	61	26:33	61	26:33	79.40	8:50:50	6:41	72	2:14:15	72	2:14:15
Südergellersen	10.90	1:00:13	5:31	29	14:54	29	14:54	90.30	9:51:03	6:32	71	2:29:09	71	2:29:09
Sülzwiesen	9.70	55:50	5:45	46	11:56	46	11:56	100.00	10:46:53	6:28	69	2:38:11	69	2:38:11