



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Stick & Stone Run

□□□: 8:54:34

□□: 244

□□: 11.22 km/h

□□□□: 5:21 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 7 (of 76)

□□□□□□: 8:08:42

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	58:38	5:38	41	19:10	41	19:10	10.40	58:38	5:38	41	19:10	41	19:10
Amelinghausen	13.60	1:15:49	5:34	40	18:35	40	18:35	24.00	2:14:27	5:36	39	33:04	39	33:04
Schwindebeck	8.30	48:01	5:47	25	11:09	25	11:09	32.30	3:02:28	5:38	33	31:56	33	31:56
Bispingen	9.60	59:35	6:12	45	14:19	45	14:19	41.90	4:02:03	5:46	37	42:27	37	42:27
Overhaverbeck	10.80	49:07	4:32	4	3:33	4	3:33	52.70	4:51:10	5:31	19	35:49	19	35:49
Undeloh	6.90	38:56	5:38	16	10:14	16	10:14	59.60	5:30:06	5:32	18	35:38	18	35:38
Egestorf	9.20	52:41	5:43	26	11:16	26	11:16	68.80	6:22:47	5:33	17	36:02	17	36:02
Salzhausen	10.60	50:46	4:47	7	8:45	7	8:45	79.40	7:13:33	5:27	12	36:58	12	36:58
Südergellersen	10.90	56:30	5:11	12	11:11	12	11:11	90.30	8:10:03	5:25	9	48:09	9	48:09
Sülzwiesen	9.70	44:31	4:35	4	0:37	4	0:37	100.00	8:54:34	5:20	7	45:52	7	45:52