



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Hamburger Laufschnellen

□□□: 10:53:30

□□: 239

□□: 9.18 km/h

□□□□: 6:32 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 70 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 70(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:02:51	6:02	55	23:23	55	23:23	10.40	1:02:51	6:02	55	23:23	55	23:23
Amelinghausen	13.60	1:16:29	5:37	42	19:15	42	19:15	24.00	2:19:20	5:48	47	37:57	47	37:57
Schwindebeck	8.30	46:26	5:35	19	9:34	19	9:34	32.30	3:05:46	5:45	39	35:14	39	35:14
Bispingen	9.60	1:03:20	6:35	57	18:04	57	18:04	41.90	4:09:06	5:56	46	49:30	46	49:30
Overhaverbeck	10.80	1:19:34	7:22	74	34:00	74	34:00	52.70	5:28:40	6:14	62	1:13:19	62	1:13:19
Undeloh	6.90	56:36	8:12	71	27:54	71	27:54	59.60	6:25:16	6:27	67	1:30:48	67	1:30:48
Egestorf	9.20	59:41	6:29	46	18:16	46	18:16	68.80	7:24:57	6:28	69	1:38:12	69	1:38:12
Salzhausen	10.60	1:19:01	7:27	72	37:00	72	37:00	79.40	8:43:58	6:35	70	2:07:23	70	2:07:23
Südergellersen	10.90	1:03:50	5:51	47	18:31	47	18:31	90.30	9:47:48	6:30	69	2:25:54	69	2:25:54
Sülzwiesen	9.70	1:05:42	6:46	67	21:48	67	21:48	100.00	10:53:30	6:32	70	2:44:48	70	2:44:48