



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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MTV Amelinghausen LT

□□□: 10:55:13

□□: 272

□□: 9.16 km/h

□□□□: 6:33 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 71 (of 76)

□□□□□□: 8:08:42

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□□□□□: 71(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:04:55	6:14	60	25:27	60	25:27	10.40	1:04:55	6:14	60	25:27	60	25:27
Amelinghausen	13.60	1:17:13	5:40	45	19:59	45	19:59	24.00	2:22:08	5:55	54	40:45	54	40:45
Schwindebeck	8.30	51:21	6:11	46	14:29	46	14:29	32.30	3:13:29	5:59	53	42:57	53	42:57
Bispingen	9.60	1:13:05	7:36	70	27:49	70	27:49	41.90	4:26:34	6:21	67	1:06:58	67	1:06:58
Overhaverbeck	10.80	1:09:21	6:25	56	23:47	56	23:47	52.70	5:35:55	6:22	68	1:20:34	68	1:20:34
Undeloh	6.90	51:45	7:30	66	23:03	66	23:03	59.60	6:27:40	6:30	70	1:33:12	70	1:33:12
Egestorf	9.20	1:02:16	6:46	58	20:51	58	20:51	68.80	7:29:56	6:32	70	1:43:11	70	1:43:11
Salzhausen	10.60	1:02:21	5:52	43	20:20	43	20:20	79.40	8:32:17	6:27	68	1:55:42	68	1:55:42
Südergellersen	10.90	1:16:21	7:00	70	31:02	70	31:02	90.30	9:48:38	6:31	70	2:26:44	70	2:26:44
Sülzwiesen	9.70	1:06:35	6:51	69	22:41	69	22:41	100.00	10:55:13	6:33	71	2:46:31	71	2:46:31