



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lüneburger Rennschnucken

□□□: 11:20:15

□□: 251

□□: 8.82 km/h

□□□□: 6:48 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 72 (of 76)

□□□□□□: 8:08:42

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□□□□□: 72(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:04:40	6:13	59	25:12	59	25:12	10.40	1:04:40	6:13	59	25:12	59	25:12
Amelinghausen	13.60	1:24:03	6:10	61	26:49	61	26:49	24.00	2:28:43	6:11	63	47:20	63	47:20
Schwindebeck	8.30	1:06:48	8:02	74	29:56	74	29:56	32.30	3:35:31	6:40	71	1:04:59	71	1:04:59
Bispingen	9.60	1:14:38	7:46	73	29:22	73	29:22	41.90	4:50:09	6:55	72	1:30:33	72	1:30:33
Overhaverbeck	10.80	1:14:26	6:53	68	28:52	68	28:52	52.70	6:04:35	6:55	73	1:49:14	73	1:49:14
Undeloh	6.90	46:09	6:41	51	17:27	51	17:27	59.60	6:50:44	6:53	73	1:56:16	73	1:56:16
Egestorf	9.20	1:01:50	6:43	57	20:25	57	20:25	68.80	7:52:34	6:52	73	2:05:49	73	2:05:49
Salzhausen	10.60	53:04	5:00	13	11:03	13	11:03	79.40	8:45:38	6:37	71	2:09:03	71	2:09:03
Südergellersen	10.90	1:10:21	6:27	60	25:02	60	25:02	90.30	9:55:59	6:36	72	2:34:05	72	2:34:05
Sülzwiesen	9.70	1:24:16	8:41	76	40:22	76	40:22	100.00	11:20:15	6:48	72	3:11:33	72	3:11:33