



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 |