



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heidekreis 1

□□□: 11:24:20

□□: 215

□□: 8.77 km/h

□□□□: 6:50 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 73 (of 76)

□□□□□□: 8:08:42

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□□□□□: 73(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	59:06	5:40	42	19:38	42	19:38	10.40	59:06	5:40	42	19:38	42	19:38
Amelinghausen	13.60	1:26:45	6:22	67	29:31	67	29:31	24.00	2:25:51	6:04	61	44:28	61	44:28
Schwindebeck	8.30	1:00:33	7:17	66	23:41	66	23:41	32.30	3:26:24	6:23	66	55:52	66	55:52
Bispingen	9.60	1:07:43	7:03	66	22:27	66	22:27	41.90	4:34:07	6:32	69	1:14:31	69	1:14:31
Overhaverbeck	10.80	1:15:31	6:59	69	29:57	69	29:57	52.70	5:49:38	6:38	71	1:34:17	71	1:34:17
Undeloh	6.90	56:32	8:11	70	27:50	70	27:50	59.60	6:46:10	6:48	72	1:51:42	72	1:51:42
Egestorf	9.20	1:06:04	7:10	67	24:39	67	24:39	68.80	7:52:14	6:51	72	2:05:29	72	2:05:29
Salzhausen	10.60	1:21:37	7:41	73	39:36	73	39:36	79.40	9:13:51	6:58	74	2:37:16	74	2:37:16
Südergellersen	10.90	1:10:35	6:28	62	25:16	62	25:16	90.30	10:24:26	6:54	74	3:02:32	74	3:02:32
Sülzwiesen	9.70	59:54	6:10	54	16:00	54	16:00	100.00	11:24:20	6:50	73	3:15:38	73	3:15:38