



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Frauenpower läuft

□□□: 11:33:32

□□: 230

□□: 8.65 km/h

□□□□: 6:56 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 74 (of 76)

□□□□□□: 8:08:42

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□□□□□: 74(of 76)

Staffel

□□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:29:28	8:36	76	50:00	76	50:00	10.40	1:29:28	8:36	76	50:00	76	50:00
Amelinghausen	13.60	1:20:28	5:55	53	23:14	53	23:14	24.00	2:49:56	7:04	73	1:08:33	73	1:08:33
Schwindebeck	8.30	48:23	5:49	27	11:31	27	11:31	32.30	3:38:19	6:45	72	1:07:47	72	1:07:47
Bispingen	9.60	1:15:36	7:52	76	30:20	76	30:20	41.90	4:53:55	7:00	73	1:34:19	73	1:34:19
Overhaverbeck	10.80	1:27:14	8:04	76	41:40	76	41:40	52.70	6:21:09	7:13	76	2:05:48	76	2:05:48
Undeloh	6.90	1:00:44	8:48	74	32:02	74	32:02	59.60	7:21:53	7:24	76	2:27:25	76	2:27:25
Egestorf	9.20	44:25	4:49	5	3:00	5	3:00	68.80	8:06:18	7:04	74	2:19:33	74	2:19:33
Salzhausen	10.60	54:29	5:08	18	12:28	18	12:28	79.40	9:00:47	6:48	73	2:24:12	73	2:24:12
Südergellersen	10.90	1:19:51	7:19	74	34:32	74	34:32	90.30	10:20:38	6:52	73	2:58:44	73	2:58:44
Sülzwiesen	9.70	1:12:54	7:30	72	29:00	72	29:00	100.00	11:33:32	6:56	74	3:24:50	74	3:24:50