



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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APEX II

□□: 241

□□: 100.00 km

Lüneburger Heide Lauf

□□□□:

Staffel

□□□: 12:16:48

□□: 8.14 km/h

□□□□: 7:22 min/km

□□□□□: 75 (of 76)

□□□□□□: 8:08:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:17:49	7:28	73	38:21	73	38:21	10.40	1:17:49	7:28	73	38:21	73	38:21
Amelinghausen	13.60	1:40:09	7:21	74	42:55	74	42:55	24.00	2:57:58	7:24	75	1:16:35	75	1:16:35
Schwindebeck	8.30	1:02:42	7:33	70	25:50	70	25:50	32.30	4:00:40	7:27	75	1:30:08	75	1:30:08
Bispingen	9.60	1:00:09	6:15	47	14:53	47	14:53	41.90	5:00:49	7:10	76	1:41:13	76	1:41:13
Overhaverbeck	10.80	1:19:12	7:19	73	33:38	73	33:38	52.70	6:20:01	7:12	75	2:04:40	75	2:04:40
Undeloh	6.90	47:23	6:52	54	18:41	54	18:41	59.60	7:07:24	7:10	74	2:12:56	74	2:12:56
Egestorf	9.20	1:14:53	8:08	75	33:28	75	33:28	68.80	8:22:17	7:18	76	2:35:32	76	2:35:32
Salzhausen	10.60	1:31:31	8:38	74	49:30	74	49:30	79.40	9:53:48	7:28	75	3:17:13	75	3:17:13
Südergellersen	10.90	1:02:04	5:41	39	16:45	39	16:45	90.30	10:55:52	7:15	75	3:33:58	75	3:33:58
Sülzwiesen	9.70	1:20:56	8:20	75	37:02	75	37:02	100.00	12:16:48	7:22	75	4:08:06	75	4:08:06