



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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APEX I

□□: 240

□□: 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	1:17:48	7:28	72	38:20	72	38:20	10.40	1:17:48	7:28	72	38:20	72	38:20
Amelinghausen	13.60	1:40:10	7:21	75	42:56	75	42:56	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	56:46	5:54	35	11:30	35	11:30	41.90	4:57:26	7:05	74	1:37:50	74	1:37:50
Overhaverbeck	10.80	1:06:47	6:11	52	21:13	52	21:13	52.70	6:04:13	6:54	72	1:48:52	72	1:48:52
Undeloh	6.90	1:03:12	9:09	76	34:30	76	34:30	59.60	7:07:25	7:10	75	2:12:57	75	2:12:57
Egestorf	9.20	1:14:51	8:08	74	33:26	74	33:26	68.80	8:22:16	7:18	75	2:35:31	75	2:35:31
Salzhausen	10.60	1:31:32	8:38	75	49:31	75	49:31	79.40	9:53:48	7:28	75	3:17:13	75	3:17:13
Südergellersen	10.90	1:16:34	7:01	71	31:15	71	31:15	90.30	11:10:22	7:25	76	3:48:28	76	3:48:28
Sülzwiesen	9.70	1:06:26	6:50	68	22:32	68	22:32	100.00	12:16:48	7:22	75	4:08:06	75	4:08:06