



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

□□□□□: 75(of 76)

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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 |