



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Running Squad

□□□: 8:56:12

□□: 233

□□: 11.19 km/h

□□□□: 5:22 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 8 (of 76)

□□□□□□: 8:08:42

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□□□□□: 8(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	42:37	4:05	2	3:09	2	3:09	10.40	42:37	4:05	2	3:09	2	3:09
Amelinghausen	13.60	1:00:54	4:28	3	3:40	3	3:40	24.00	1:43:31	4:18	3	2:08	3	2:08
Schwindebeck	8.30	47:01	5:39	21	10:09	21	10:09	32.30	2:30:32	4:39	1	-	1	-
Bispingen	9.60	58:52	6:07	43	13:36	43	13:36	41.90	3:29:24	4:59	3	9:48	3	9:48
Overhaverbeck	10.80	1:17:07	7:08	70	31:33	70	31:33	52.70	4:46:31	5:26	16	31:10	16	31:10
Undeloh	6.90	43:09	6:15	40	14:27	40	14:27	59.60	5:29:40	5:31	17	35:12	17	35:12
Egestorf	9.20	44:11	4:48	4	2:46	4	2:46	68.80	6:13:51	5:26	11	27:06	11	27:06
Salzhausen	10.60	1:00:39	5:43	37	18:38	37	18:38	79.40	7:14:30	5:28	13	37:55	13	37:55
Südergellersen	10.90	54:49	5:01	8	9:30	8	9:30	90.30	8:09:19	5:25	7	47:25	7	47:25
Sülzwiesen	9.70	46:53	4:50	8	2:59	8	2:59	100.00	8:56:12	5:21	8	47:30	8	47:30