



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

TuS Eversten

□□□: 9:01:36

□□: 219

□□: 11.08 km/h

□□□□: 5:25 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 9 (of 76)

□□□□□□: 8:08:42

□□□□:

□□□□□: 9(of 76)

Staffel

□□□□□□□: 8:08:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	50:03	4:48	12	10:35	12	10:35	10.40	50:03	4:48	12	10:35	12	10:35
Amelinghausen	13.60	1:06:52	4:54	15	9:38	15	9:38	24.00	1:56:55	4:52	10	15:32	10	15:32
Schwindebeck	8.30	47:08	5:40	23	10:16	23	10:16	32.30	2:44:03	5:04	10	13:31	10	13:31
Bispingen	9.60	56:12	5:51	30	10:56	30	10:56	41.90	3:40:15	5:15	8	20:39	8	20:39
Overhaverbeck	10.80	1:05:05	6:01	49	19:31	49	19:31	52.70	4:45:20	5:24	14	29:59	14	29:59
Undeloh	6.90	45:29	6:35	49	16:47	49	16:47	59.60	5:30:49	5:33	20	36:21	20	36:21
Egestorf	9.20	53:27	5:48	30	12:02	30	12:02	68.80	6:24:16	5:35	18	37:31	18	37:31
Salzhausen	10.60	48:54	4:36	5	6:53	5	6:53	79.40	7:13:10	5:27	11	36:35	11	36:35
Südergellersen	10.90	1:00:18	5:31	32	14:59	32	14:59	90.30	8:13:28	5:27	11	51:34	11	51:34
Sülzwiesen	9.70	48:08	4:57	13	4:14	13	4:14	100.00	9:01:36	5:24	9	52:54	9	52:54