



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Heilbock, Jürgen

□□: kein

□□: 30

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 9:27:19

□□: 10.58 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 3 (of 59)

□□□□□/□: 3 (of 50)

□□□□□□: 8:22:31

□□□□□: 2(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Südergellersen	10.40	54:20	5:13	2	5:59	4	5:59	10.40	54:20	5:13	2	5:59	4	5:59
Amelinghausen	13.60	1:10:29	5:10	3	6:11	5	6:11	24.00	2:04:49	5:12	2	12:10	4	12:10
Schwindebeck	8.30	41:18	4:58	2	3:15	3	3:15	32.30	2:46:07	5:08	2	15:25	4	15:25
Bispingen	9.60	50:05	5:13	2	5:13	3	5:14	41.90	3:36:12	5:09	2	20:38	3	20:38
Overhaverbeck	10.80	58:37	5:25	2	7:06	3	7:06	52.70	4:34:49	5:12	2	27:44	3	27:44
Undeloh	6.90	40:12	5:49	2	5:54	3	5:54	59.60	5:15:01	5:17	2	33:38	3	33:38
Egestorf	9.20	56:46	6:10	3	10:28	4	10:28	68.80	6:11:47	5:24	2	44:06	3	44:06
Salzhausen	10.60	1:06:45	6:17	3	10:15	4	10:15	79.40	7:18:32	5:31	2	54:21	3	54:21
Südergellersen	10.90	1:08:36	6:17	3	2:13	4	2:13	90.30	8:27:08	5:36	2	56:34	3	56:34
Sülzwiesen	9.70	1:00:11	6:12	4	8:14	5	8:21	100.00	9:27:19	5:40	2	1:04:48	3	1:04:48