



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Bäßler, Jürgen

□□: Bienenbüttel
□□: 2

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 9:47:30

□□: 10.21 km/h
□□□□: 5:53 min/km

□□□□□/□□□□: 4 (of 59)

□□□□□/□: 4 (of 50)

□□□□□□: 8:22:31

□□□□□: 3(of 21)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	58:32	5:37	7	10:11	11	10:11	10.40	58:32	5:37	7	10:11	11	10:11	
Amelinghausen	13.60	1:18:15	5:45	6	13:57	10	13:57	24.00	2:16:47	5:41	6	24:08	9	24:08	
Schwindebeck	8.30	46:37	5:36	4	8:34	9	8:34	32.30	3:03:24	5:40	5	32:42	10	32:42	
Bispingen	9.60	54:15	5:39	4	9:23	5	9:24	41.90	3:57:39	5:40	4	42:05	6	42:05	
Overhaverbeck	10.80	1:02:34	5:47	4	11:03	5	11:03	52.70	5:00:13	5:41	4	53:08	6	53:08	
Undeloh	6.90	40:53	5:55	3	6:35	4	6:35	59.60	5:41:06	5:43	4	59:43	5	59:43	
Egestorf	9.20	55:44	6:03	2	9:26	3	9:26	68.80	6:36:50	5:46	4	1:09:09	5	1:09:09	
Salzhausen	10.60	1:04:54	6:07	2	8:24	3	8:24	79.40	7:41:44	5:48	4	1:17:33	5	1:17:33	
Südergellersen	10.90	1:07:28	6:11	2	1:05	3	1:05	90.30	8:49:12	5:51	3	1:18:38	4	1:18:38	
Sülzwiesen	9.70	58:18	6:00	2	6:21	3	6:28	100.00	9:47:30	5:52	3	1:24:59	4	1:24:59	