



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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**Frischmuth, Matthias**

□□: Sport AS Lüneburg

□□: 1

□□: 100.00 km

Ultra-Marathon

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Senioren M50 (50-54 Jahre)

□□□: 9:54:12

□□: 10.10 km/h

□□□□: 5:56 min/km

□□□□□/□□□□: 5 (of 59)

□□□□□/□: 5 (of 50)

□□□□□□: 8:22:31

□□□□□: 4(of 21)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	54:21	5:13	4	6:00	6	6:00	10.40	54:21	5:13	4	6:00	6	6:00	
Amelinghausen	13.60	1:10:28	5:10	2	6:10	4	6:10	24.00	2:04:49	5:12	2	12:10	4	12:10	
Schwindebeck	8.30	42:02	5:03	3	3:59	4	3:59	32.30	2:46:51	5:09	3	16:09	5	16:09	
Bispingen	9.60	50:25	5:15	3	5:33	4	5:34	41.90	3:37:16	5:11	3	21:42	5	21:42	
Overhaverbeck	10.80	1:00:31	5:36	3	9:00	4	9:00	52.70	4:37:47	5:16	3	30:42	4	30:42	
Undeloh	6.90	47:06	6:49	7	12:48	13	12:48	59.60	5:24:53	5:27	3	43:30	4	43:30	
Egestorf	9.20	1:01:22	6:40	4	15:04	7	15:04	68.80	6:26:15	5:36	3	58:34	4	58:34	
Salzhausen	10.60	1:08:24	6:27	4	11:54	5	11:54	79.40	7:34:39	5:43	3	1:10:28	4	1:10:28	
Südergellersen	10.90	1:21:06	7:26	9	14:43	12	14:43	90.30	8:55:45	5:55	4	1:25:11	5	1:25:11	
Sülzwiesen	9.70	58:27	6:01	3	6:30	4	6:37	100.00	9:54:12	5:56	4	1:31:41	5	1:31:41	