



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Meyer, Adolf

□□: TV Norden / Ultrafriesen

□□: 19

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 50)

□□□□□□: 8:22:31

□□□□□: DNF(of 5)

□□□□□□□: 12:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:14:39	7:10	5	13:18	47	26:18	10.40	1:14:39	7:10	5	13:18	47	26:18	
Amelinghausen	13.60	1:38:25	7:14	5	17:48	44	34:07	24.00	2:53:04	7:12	5	31:06	44	1:00:25	
Schwindebeck	8.30	1:02:19	7:30	5	14:08	45	24:16	32.30	3:55:23	7:17	5	45:14	46	1:24:41	
Bispingen	9.60	1:29:09	9:17	5	28:57	46	44:18	41.90	5:24:32	7:44	5	1:14:11	47	2:08:58	
Overhaverbeck	10.80	1:54:57	10:38	5	37:08	45	1:03:26	52.70	7:19:29	8:20	5	1:36:21	45	3:12:24	
Undeloh	6.90	fehlt!	-	-	-	-	-	59.60	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	68.80	-	-	-	-	-	-	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	