



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Durry, Simone

□□: TG Neuss

□□: 64

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 10:10:50

□□: 9.82 km/h

□□□□: 6:07 min/km

□□□□□/□□□□: 6 (of 59)

□□□□□/□: 1 (of 9)

□□□□□□: 10:10:50

□□□□□: 1(of 1)

□□□□□□□: 10:10:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:00:42	5:50	1	-	2	1:27	10.40	1:00:42	5:50	1	-	2	1:27	
Amelinghausen	13.60	1:21:12	5:58	1	-	2	0:17	24.00	2:21:54	5:54	1	-	2	1:44	
Schwindebeck	8.30	48:19	5:49	1	-	2	0:30	32.30	3:10:13	5:53	1	-	2	2:14	
Bispingen	9.60	58:05	6:03	1	-	2	0:24	41.90	4:08:18	5:55	1	-	2	2:38	
Overhaverbeck	10.80	1:06:53	6:11	1	-	1	-	52.70	5:15:11	5:58	1	-	2	0:37	
Undeloh	6.90	45:24	6:34	1	-	1	-	59.60	6:00:35	6:03	1	-	1	-	
Egestorf	9.20	55:43	6:03	1	-	1	-	68.80	6:56:18	6:03	1	-	1	-	
Salzhausen	10.60	1:05:41	6:11	1	-	1	-	79.40	8:01:59	6:04	1	-	1	-	
Südergellersen	10.90	1:10:14	6:26	1	-	1	-	90.30	9:12:13	6:06	1	-	1	-	
Sülzwiesen	9.70	58:37	6:02	1	-	1	-	100.00	10:10:50	6:06	1	-	1	-	