



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Schulz-Meinen, Samir

□□□: 10:20:59

□□: Triabolos Triathlon Hamburg e.V.

□□: 9.66 km/h

□□: 10

□□□□: 6:13 min/km

□□: 100.00 km

□□□□□/□□□: 7 (of 59)

Ultra-Marathon

□□□□□/□: 6 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 1(of 6)

Senioren M45 (45-49 Jahre)

□□□□□□□: 10:20:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:00:57	5:51	4	4:16	18	12:36	10.40	1:00:57	5:51	4	4:16	18	12:36	
Amelinghausen	13.60	1:19:06	5:48	1	-	12	14:48	24.00	2:20:03	5:50	1	-	13	27:24	
Schwindebeck	8.30	46:07	5:33	1	-	6	8:04	32.30	3:06:10	5:45	1	-	12	35:28	
Bispingen	9.60	55:05	5:44	1	-	7	10:14	41.90	4:01:15	5:45	1	-	8	45:41	
Overhaverbeck	10.80	1:03:57	5:55	1	-	6	12:26	52.70	5:05:12	5:47	1	-	7	58:07	
Undeloh	6.90	41:47	6:03	1	-	5	7:29	59.60	5:46:59	5:49	1	-	6	1:05:36	
Egestorf	9.20	1:00:40	6:35	1	-	6	14:22	68.80	6:47:39	5:55	1	-	6	1:19:58	
Salzhausen	10.60	1:13:55	6:58	2	3:07	9	17:25	79.40	8:01:34	6:03	1	-	6	1:37:23	
Südergellersen	10.90	1:15:04	6:53	1	-	5	8:41	90.30	9:16:38	6:09	1	-	6	1:46:04	
Sülzwiesen	9.70	1:04:21	6:38	1	-	9	12:31	100.00	10:20:59	6:12	1	-	6	1:58:28	