



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

**Prochaska, Jan**

□□: LG Nord Berlin Ultrateam  
 □□: 39

□□: 100.00 km  
 Ultra-Marathon

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 10:45:27

□□: 9.30 km/h  
 □□□□: 6:27 min/km

□□□□□/□□□□: 8 (of 59)

□□□□□/□: 7 (of 50)

□□□□□□: 8:22:31

□□□□□: 5(of 21)

□□□□□□□: 8:22:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:31	6:00	14	14:10	32	14:10	10.40	1:02:31	6:00	14	14:10	32	14:10	
Amelinghausen	13.60	1:23:51	6:09	11	19:33	25	19:33	24.00	2:26:22	6:05	11	33:43	25	33:43	
Schwindebeck	8.30	51:33	6:12	11	13:30	25	13:30	32.30	3:17:55	6:07	12	47:13	26	47:13	
Bispingen	9.60	58:00	6:02	7	13:08	12	13:09	41.90	4:15:55	6:06	10	1:00:21	24	1:00:21	
Overhaverbeck	10.80	1:06:24	6:08	6	14:53	9	14:53	52.70	5:22:19	6:06	8	1:15:14	15	1:15:14	
Undeloh	6.90	45:19	6:34	5	11:01	8	11:01	59.60	6:07:38	6:10	7	1:26:15	13	1:26:15	
Egestorf	9.20	1:02:43	6:49	7	16:25	13	16:25	68.80	7:10:21	6:15	6	1:42:40	11	1:42:40	
Salzhausen	10.60	1:13:00	6:53	6	16:30	8	16:30	79.40	8:23:21	6:20	5	1:59:10	8	1:59:10	
Südergellersen	10.90	1:17:59	7:09	4	11:36	6	11:36	90.30	9:41:20	6:26	5	2:10:46	7	2:10:46	
Sülzwiesen	9.70	1:04:07	6:36	5	12:10	7	12:17	100.00	10:45:27	6:27	5	2:22:56	7	2:22:56	