



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Vanicek, Michael

□□: LG Nord Berlin Ultrateam

□□: 36

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 10:45:27

□□: 9.30 km/h

□□□□: 6:27 min/km

□□□□□/□□□: 9 (of 59)

□□□□□/□: 7 (of 50)

□□□□□□: 8:22:31

□□□□□: 5(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:30	6:00	13	14:09	31	14:09	10.40	1:02:30	6:00	13	14:09	31	14:09	
Amelinghausen	13.60	1:23:52	6:09	12	19:34	26	19:34	24.00	2:26:22	6:05	11	33:43	25	33:43	
Schwindebeck	8.30	51:32	6:12	10	13:29	24	13:29	32.30	3:17:54	6:07	11	47:12	25	47:12	
Bispingen	9.60	58:01	6:02	8	13:09	13	13:10	41.90	4:15:55	6:06	10	1:00:21	24	1:00:21	
Overhaverbeck	10.80	1:06:23	6:08	5	14:52	8	14:52	52.70	5:22:18	6:06	7	1:15:13	14	1:15:13	
Undeloh	6.90	45:18	6:33	4	11:00	7	11:00	59.60	6:07:36	6:10	6	1:26:13	12	1:26:13	
Egestorf	9.20	1:05:31	7:07	9	19:13	15	19:13	68.80	7:13:07	6:17	7	1:45:26	13	1:45:26	
Salzhausen	10.60	1:10:14	6:37	5	13:44	6	13:44	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	