



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Dreijer, Richard

□□: MarathonPlus

□□: 63

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 10:49:39

□□: 9.24 km/h

□□□□: 6:30 min/km

□□□□□/□□□: 10 (of 59)

□□□□□/□: 9 (of 50)

□□□□□□: 8:22:31

□□□□□: 2(of 12)

□□□□□□□: 8:22:31

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.40 | 1:00:42 | 5:50 | 4 | 12:21 | 17 | 12:21 | 10.40 | 1:00:42 | 5:50 | 4 | 12:21 | 17 | 12:21 | |
| Amelinghausen | 13.60 | 1:21:12 | 5:58 | 5 | 16:54 | 16 | 16:54 | 24.00 | 2:21:54 | 5:54 | 4 | 29:15 | 15 | 29:15 | |
| Schwindebeck | 8.30 | 48:20 | 5:49 | 4 | 10:16 | 13 | 10:17 | 32.30 | 3:10:14 | 5:53 | 5 | 39:31 | 16 | 39:32 | |
| Bispingen | 9.60 | 58:05 | 6:03 | 3 | 13:14 | 14 | 13:14 | 41.90 | 4:08:19 | 5:55 | 5 | 52:45 | 15 | 52:45 | |
| Overhaverbeck | 10.80 | 1:18:17 | 7:14 | 8 | 26:46 | 25 | 26:46 | 52.70 | 5:26:36 | 6:11 | 4 | 1:19:31 | 17 | 1:19:31 | |
| Undeloh | 6.90 | 45:31 | 6:35 | 3 | 11:13 | 10 | 11:13 | 59.60 | 6:12:07 | 6:14 | 4 | 1:30:44 | 14 | 1:30:44 | |
| Egestorf | 9.20 | 59:37 | 6:28 | 2 | 13:19 | 5 | 13:19 | 68.80 | 7:11:44 | 6:16 | 4 | 1:44:03 | 12 | 1:44:03 | |
| Salzhausen | 10.60 | 1:15:20 | 7:06 | 2 | 18:49 | 11 | 18:50 | 79.40 | 8:27:04 | 6:23 | 3 | 2:02:52 | 11 | 2:02:53 | |
| Südergellersen | 10.90 | 1:18:38 | 7:12 | 2 | 12:09 | 9 | 12:15 | 90.30 | 9:45:42 | 6:29 | 3 | 2:15:01 | 10 | 2:15:08 | |
| Sülzwiesen | 9.70 | 1:03:57 | 6:35 | 2 | 12:07 | 6 | 12:07 | 100.00 | 10:49:39 | 6:29 | 2 | 2:27:08 | 9 | 2:27:08 | |