



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Freise, Andreas

□□: VfR Wilsche-Neubokel

□□: 42

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□□□/□□□□: DNF (of 59)

□□□□□□/□: DNF (of 50)

□□□□□□□: 8:22:31

□□□□□□: DNF(of 21)

□□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:01:02	5:52	8	12:41	21	12:41	10.40	1:01:02	5:52	8	12:41	21	12:41	
Amelinghausen	13.60	1:25:36	6:17	13	21:18	27	21:18	24.00	2:26:38	6:06	13	33:59	27	33:59	
Schwindebeck	8.30	52:02	6:16	13	13:59	28	13:59	32.30	3:18:40	6:09	13	47:58	27	47:58	
Bispingen	9.60	1:10:07	7:18	15	25:15	37	25:16	41.90	4:28:47	6:24	13	1:13:13	29	1:13:13	
Overhaverbeck	10.80	1:35:37	8:51	15	44:06	35	44:06	52.70	6:04:24	6:54	15	1:57:19	36	1:57:19	
Undeloh	6.90	fehlt!	-	-	-	-	-	59.60	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	68.80	-	-	-	-	-	-	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	