



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Flömer, André

□□: Ohne

□□: 52

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 10:53:55

□□: 9.18 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 11 (of 59)

□□□□□/□: 10 (of 50)

□□□□□□: 8:22:31

□□□□□: 7(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:01:53	5:57	10	13:32	25	13:32	10.40	1:01:53	5:57	10	13:32	25	13:32	
Amelinghausen	13.60	1:22:26	6:03	9	18:08	20	18:08	24.00	2:24:19	6:00	9	31:40	23	31:40	
Schwindebeck	8.30	49:54	6:00	8	11:51	19	11:51	32.30	3:14:13	6:00	9	43:31	23	43:31	
Bispingen	9.60	56:44	5:54	6	11:52	11	11:53	41.90	4:10:57	5:59	8	55:23	19	55:23	
Overhaverbeck	10.80	1:06:40	6:10	7	15:09	10	15:09	52.70	5:17:37	6:01	6	1:10:32	12	1:10:32	
Undeloh	6.90	46:49	6:47	6	12:31	12	12:31	59.60	6:04:26	6:06	5	1:23:03	10	1:23:03	
Egestorf	9.20	1:02:21	6:46	5	16:03	11	16:03	68.80	7:06:47	6:12	5	1:39:06	9	1:39:06	
Salzhausen	10.60	1:20:18	7:34	9	23:48	15	23:48	79.40	8:27:05	6:23	7	2:02:54	12	2:02:54	
Südergellersen	10.90	1:19:44	7:18	7	13:21	10	13:21	90.30	9:46:49	6:29	7	2:16:15	11	2:16:15	
Sülzwiesen	9.70	1:07:06	6:55	8	15:09	11	15:16	100.00	10:53:55	6:32	7	2:31:24	10	2:31:24	