



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Nowotny-Hupka, Rita

□□□: 10:56:29

□□: LG Ultralauf/ LT Dortmund Wischlingen

□□: 9.14 km/h

□□: 47

□□□□: 6:34 min/km

□□: 100.00 km

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Ultra-Marathon

□□□□□/□: 2 (of 9)

□□□□□□: 10:10:50

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□□□□□: 1(of 2)

Seniorinnen W55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	59:15	5:41	1	-	1	-	10.40	59:15	5:41	1	-	1	-	
Amelinghausen	13.60	1:20:55	5:56	1	-	1	-	24.00	2:20:10	5:50	1	-	1	-	
Schwindebeck	8.30	47:49	5:45	1	-	1	-	32.30	3:07:59	5:49	1	-	1	-	
Bispingen	9.60	57:41	6:00	1	-	1	-	41.90	4:05:40	5:51	1	-	1	-	
Overhaverbeck	10.80	1:08:54	6:22	1	-	2	2:01	52.70	5:14:34	5:58	1	-	1	-	
Undeloh	6.90	46:08	6:41	1	-	2	0:44	59.60	6:00:42	6:03	1	-	2	0:07	
Egestorf	9.20	1:01:57	6:44	1	-	2	6:14	68.80	7:02:39	6:08	1	-	2	6:21	
Salzhausen	10.60	1:17:50	7:20	1	-	4	12:09	79.40	8:20:29	6:18	1	-	2	18:30	
Südergellersen	10.90	1:25:03	7:48	1	-	4	14:49	90.30	9:45:32	6:29	1	-	2	33:19	
Sülzwiesen	9.70	1:10:57	7:18	1	-	4	12:20	100.00	10:56:29	6:33	1	-	2	45:39	