



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Richter, Björn

□□: LG Neumünster

□□: 21

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 11:03:12

□□: 9.05 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 13 (of 59)

□□□□□/□: 11 (of 50)

□□□□□□: 8:22:31

□□□□□: 3(of 12)

□□□□□□□: 8:22:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	58:32	5:37	3	10:11	11	10:11	10.40	58:32	5:37	3	10:11	11	10:11	
Amelinghausen	13.60	1:18:15	5:45	3	13:57	10	13:57	24.00	2:16:47	5:41	3	24:08	9	24:08	
Schwindebeck	8.30	46:35	5:36	2	8:31	7	8:32	32.30	3:03:22	5:40	3	32:39	8	32:40	
Bispingen	9.60	58:07	6:03	4	13:16	15	13:16	41.90	4:01:29	5:45	2	45:55	10	45:55	
Overhaverbeck	10.80	1:06:17	6:08	2	14:46	7	14:46	52.70	5:07:46	5:50	2	1:00:41	8	1:00:41	
Undeloh	6.90	45:09	6:32	2	10:51	6	10:51	59.60	5:52:55	5:55	2	1:11:32	8	1:11:32	
Egestorf	9.20	1:01:40	6:42	3	15:22	8	15:22	68.80	6:54:35	6:01	2	1:26:54	7	1:26:54	
Salzhausen	10.60	1:16:55	7:15	3	20:24	13	20:25	79.40	8:11:30	6:11	2	1:47:18	7	1:47:19	
Südergellersen	10.90	1:33:18	8:33	5	26:49	20	26:55	90.30	9:44:48	6:28	2	2:14:07	9	2:14:14	
Sülzwiesen	9.70	1:18:24	8:04	5	26:34	20	26:34	100.00	11:03:12	6:37	3	2:40:41	11	2:40:41	