



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Wiesemann, Andreas

□□□: 11:04:38

□□: -

□□: 9.03 km/h

□□: 46

□□□□: 6:39 min/km

□□: 100.00 km

□□□□□/□□□□: 14 (of 59)

Ultra-Marathon

□□□□□/□: 12 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 8(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□□: 8:22:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	57:00	5:28	5	8:39	9	8:39	10.40	57:00	5:28	5	8:39	9	8:39	
Amelinghausen	13.60	1:17:26	5:41	5	13:08	8	13:08	24.00	2:14:26	5:36	5	21:47	8	21:47	
Schwindebeck	8.30	51:51	6:14	12	13:48	27	13:48	32.30	3:06:17	5:46	7	35:35	13	35:35	
Bispingen	9.60	55:07	5:44	5	10:15	8	10:16	41.90	4:01:24	5:45	6	45:50	9	45:50	
Overhaverbeck	10.80	1:09:28	6:25	8	17:57	13	17:57	52.70	5:10:52	5:53	5	1:03:47	9	1:03:47	
Undeloh	6.90	1:04:25	9:20	15	30:07	36	30:07	59.60	6:15:17	6:17	8	1:33:54	17	1:33:54	
Egestorf	9.20	1:02:41	6:48	6	16:23	12	16:23	68.80	7:17:58	6:21	8	1:50:17	16	1:50:17	
Salzhausen	10.60	1:15:29	7:07	8	18:59	12	18:59	79.40	8:33:27	6:27	8	2:09:16	13	2:09:16	
Südergellersen	10.90	1:20:13	7:21	8	13:50	11	13:50	90.30	9:53:40	6:34	8	2:23:06	13	2:23:06	
Sülzwiesen	9.70	1:10:58	7:18	9	19:01	12	19:08	100.00	11:04:38	6:38	8	2:42:07	12	2:42:07	