



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Witte, Lars

□□: VfR Wilsche-Neubokel
 □□: 43

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 11:08:23

□□: 8.98 km/h
 □□□□: 6:41 min/km

□□□□□/□□□□: 15 (of 59)

□□□□□/□: 13 (of 50)

□□□□□□: 8:22:31

□□□□□: 2(of 6)

□□□□□□□: 10:20:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	59:36	5:43	2	2:55	15	11:15	10.40	59:36	5:43	2	2:55	15	11:15	
Amelinghausen	13.60	1:23:06	6:06	3	4:00	23	18:48	24.00	2:22:42	5:56	2	2:39	19	30:03	
Schwindebeck	8.30	50:30	6:05	3	4:23	23	12:27	32.30	3:13:12	5:58	3	7:02	20	42:30	
Bispingen	9.60	56:41	5:54	2	1:36	10	11:50	41.90	4:09:53	5:57	2	8:38	16	54:19	
Overhaverbeck	10.80	1:08:06	6:18	2	4:09	11	16:35	52.70	5:17:59	6:02	2	12:47	13	1:10:54	
Undeloh	6.90	45:25	6:34	2	3:38	9	11:07	59.60	6:03:24	6:05	2	16:25	9	1:22:01	
Egestorf	9.20	1:11:15	7:44	3	10:35	19	24:57	68.80	7:14:39	6:19	2	27:00	14	1:46:58	
Salzhausen	10.60	1:10:48	6:40	1	-	7	14:18	79.40	8:25:27	6:21	2	23:53	10	2:01:16	
Südergellersen	10.90	1:28:12	8:05	2	13:08	16	21:49	90.30	9:53:39	6:34	2	37:01	12	2:23:05	
Sülzwiesen	9.70	1:14:44	7:42	2	10:23	15	22:54	100.00	11:08:23	6:41	2	47:24	13	2:45:52	