



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Da Conceicao, Toni

□□: ROADtoMAUERWEG

□□: 44

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:26:52

□□: 8.74 km/h

□□□□: 6:52 min/km

□□□□□/□□□: 17 (of 59)

□□□□□/□: 14 (of 50)

□□□□□□: 8:22:31

□□□□□: 3(of 6)

□□□□□□□: 10:20:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:00:26	5:48	3	3:45	16	12:05	10.40	1:00:26	5:48	3	3:45	16	12:05	
Amelinghausen	13.60	1:22:26	6:03	2	3:20	20	18:08	24.00	2:22:52	5:57	3	2:49	20	30:13	
Schwindebeck	8.30	48:49	5:52	2	2:42	15	10:46	32.30	3:11:41	5:56	2	5:31	19	40:59	
Bispingen	9.60	58:45	6:07	3	3:40	17	13:54	41.90	4:10:26	5:58	3	9:11	18	54:52	
Overhaverbeck	10.80	1:13:58	6:50	3	10:01	16	22:27	52.70	5:24:24	6:09	3	19:12	16	1:17:19	
Undeloh	6.90	47:56	6:56	3	6:09	14	13:38	59.60	6:12:20	6:14	3	25:21	15	1:30:57	
Egestorf	9.20	1:06:22	7:12	2	5:42	16	20:04	68.80	7:18:42	6:22	3	31:03	17	1:51:01	
Salzhausen	10.60	1:21:32	7:41	3	10:44	17	25:02	79.40	8:40:14	6:33	3	38:40	15	2:16:03	
Südergellersen	10.90	1:30:49	8:19	3	15:45	18	24:26	90.30	10:11:03	6:46	3	54:25	14	2:40:29	
Sülzwiesen	9.70	1:15:49	7:48	3	11:28	18	23:59	100.00	11:26:52	6:52	3	1:05:53	14	3:04:21	