



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Nowak, Christopher

□□: SC HAMMABURG

□□: 23

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 11:28:59

□□: 8.71 km/h

□□□□: 6:53 min/km

□□□□□/□□□: 20 (of 59)

□□□□□/□: 16 (of 50)

□□□□□□: 8:22:31

□□□□□: 9(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:11:59	6:55	17	23:38	42	23:38	10.40	1:11:59	6:55	17	23:38	42	23:38	
Amelinghausen	13.60	1:38:05	7:12	17	33:47	43	33:47	24.00	2:50:04	7:05	17	57:25	42	57:25	
Schwindebeck	8.30	53:26	6:26	14	15:23	31	15:23	32.30	3:43:30	6:55	17	1:12:48	41	1:12:48	
Bispingen	9.60	1:01:28	6:24	11	16:36	22	16:37	41.90	4:44:58	6:48	16	1:29:24	36	1:29:24	
Overhaverbeck	10.80	1:11:32	6:37	9	20:01	15	20:01	52.70	5:56:30	6:45	12	1:49:25	30	1:49:25	
Undeloh	6.90	49:09	7:07	8	14:51	16	14:51	59.60	6:45:39	6:48	12	2:04:16	28	2:04:16	
Egestorf	9.20	1:03:38	6:55	8	17:20	14	17:20	68.80	7:49:17	6:49	10	2:21:36	22	2:21:36	
Salzhausen	10.60	1:14:21	7:00	7	17:51	10	17:51	79.40	9:03:38	6:50	9	2:39:27	18	2:39:27	
Südergellersen	10.90	1:18:17	7:10	6	11:54	8	11:54	90.30	10:21:55	6:53	9	2:51:21	16	2:51:21	
Sülzwiesen	9.70	1:07:04	6:54	7	15:07	10	15:14	100.00	11:28:59	6:53	9	3:06:28	16	3:06:28	