



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Ebmeyer, Frank

□□: SportTrilich Lüneburg

□□: 16

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 11:28:28

□□: 8.72 km/h

□□□□: 6:53 min/km

□□□□□/□□□□: 18 (of 59)

□□□□□/□: 15 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 2)

□□□□□□□: 11:28:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	59:17	5:42	1	-	14	10:56	10.40	59:17	5:42	1	-	14	10:56	
Amelinghausen	13.60	1:21:42	6:00	1	-	19	17:24	24.00	2:20:59	5:52	1	-	14	28:20	
Schwindebeck	8.30	50:17	6:03	1	-	22	12:14	32.30	3:11:16	5:55	1	-	17	40:34	
Bispingen	9.60	1:02:36	6:31	1	-	25	17:45	41.90	4:13:52	6:03	1	-	22	58:18	
Overhaverbeck	10.80	1:17:33	7:10	2	0:39	23	26:02	52.70	5:31:25	6:17	1	-	20	1:24:20	
Undeloh	6.90	50:50	7:22	1	-	18	16:32	59.60	6:22:15	6:24	1	-	18	1:40:52	
Egestorf	9.20	1:10:02	7:36	1	-	18	23:44	68.80	7:32:17	6:34	1	-	18	2:04:36	
Salzhausen	10.60	1:18:58	7:26	1	-	14	22:28	79.40	8:51:15	6:41	1	-	17	2:27:04	
Südergellersen	10.90	1:25:37	7:51	1	-	14	19:14	90.30	10:16:52	6:49	1	-	15	2:46:18	
Sülzwiesen	9.70	1:11:36	7:22	1	-	13	19:46	100.00	11:28:28	6:53	1	-	15	3:05:57	