



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Beneke, Andreas

□□: TSV Victoria Linden
 □□: 56

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 11:42:31

□□: 8.54 km/h
 □□□□: 7:02 min/km

□□□□□/□□□: 21 (of 59)

□□□□□/□: 17 (of 50)

□□□□□□: 8:22:31

□□□□□: 4(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:06:20	6:22	10	17:59	37	17:59	10.40	1:06:20	6:22	10	17:59	37	17:59	
Amelinghausen	13.60	1:32:28	6:47	10	28:10	36	28:10	24.00	2:38:48	6:37	10	46:09	37	46:09	
Schwindebeck	8.30	53:01	6:23	9	14:57	30	14:58	32.30	3:31:49	6:33	9	1:01:06	34	1:01:07	
Bispingen	9.60	1:04:25	6:42	9	19:34	28	19:34	41.90	4:36:14	6:35	9	1:20:40	32	1:20:40	
Overhaverbeck	10.80	1:09:26	6:25	3	17:55	12	17:55	52.70	5:45:40	6:33	8	1:38:35	26	1:38:35	
Undeloh	6.90	48:54	7:05	5	14:36	15	14:36	59.60	6:34:34	6:37	6	1:53:11	22	1:53:11	
Egestorf	9.20	1:08:56	7:29	6	22:38	17	22:38	68.80	7:43:30	6:44	6	2:15:49	19	2:15:49	
Salzhausen	10.60	1:20:34	7:36	4	24:03	16	24:04	79.40	9:04:04	6:51	6	2:39:52	19	2:39:53	
Südergellersen	10.90	1:22:48	7:35	3	16:19	13	16:25	90.30	10:26:52	6:56	5	2:56:11	18	2:56:18	
Sülzwiesen	9.70	1:15:39	7:47	4	23:49	17	23:49	100.00	11:42:31	7:01	4	3:20:00	17	3:20:00	