



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Giese-Menge, Carsten

□□□: 11:47:44

□□: Borener SV

□□: 8.48 km/h

□□: 45

□□□□: 7:05 min/km

□□: 100.00 km

□□□□□/□□□□: 22 (of 59)

Ultra-Marathon

□□□□□/□: 18 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 5(of 12)

Senioren M40 (40-44 Jahre)

□□□□□□□: 8:22:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:01:25	5:54	7	13:04	24	13:04	10.40	1:01:25	5:54	7	13:04	24	13:04	
Amelinghausen	13.60	1:20:33	5:55	4	16:15	14	16:15	24.00	2:21:58	5:54	5	29:19	16	29:19	
Schwindebeck	8.30	48:10	5:48	3	10:06	11	10:07	32.30	3:10:08	5:53	4	39:25	14	39:26	
Bispingen	9.60	54:42	5:41	2	9:51	6	9:51	41.90	4:04:50	5:50	4	49:16	13	49:16	
Overhaverbeck	10.80	1:09:47	6:27	4	18:16	14	18:16	52.70	5:14:37	5:58	3	1:07:32	10	1:07:32	
Undeloh	6.90	51:49	7:30	7	17:31	19	17:31	59.60	6:06:26	6:08	3	1:25:03	11	1:25:03	
Egestorf	9.20	1:01:47	6:42	4	15:29	9	15:29	68.80	7:08:13	6:13	3	1:40:32	10	1:40:32	
Salzhausen	10.60	1:29:54	8:28	6	33:23	22	33:24	79.40	8:38:07	6:31	4	2:13:55	14	2:13:56	
Südergellersen	10.90	1:43:50	9:31	9	37:21	29	37:27	90.30	10:21:57	6:53	4	2:51:16	17	2:51:23	
Sülzwiesen	9.70	1:25:47	8:50	8	33:57	26	33:57	100.00	11:47:44	7:04	5	3:25:13	18	3:25:13	