



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Barg, Matthias

□□: Stuhlmacher Solartechnik
 □□: 26

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 12:01:02

□□: 8.32 km/h
 □□□□: 7:13 min/km

□□□□□/□□□: 23 (of 59)

□□□□□/□: 19 (of 50)

□□□□□□: 8:22:31

□□□□□: 6(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:05	5:58	8	13:44	27	13:44	10.40	1:02:05	5:58	8	13:44	27	13:44	
Amelinghausen	13.60	1:27:27	6:25	8	23:09	29	23:09	24.00	2:29:32	6:13	8	36:53	29	36:53	
Schwindebeck	8.30	51:37	6:13	8	13:33	26	13:34	32.30	3:21:09	6:13	8	50:26	29	50:27	
Bispingen	9.60	1:04:43	6:44	10	19:52	30	19:52	41.90	4:25:52	6:20	8	1:10:18	28	1:10:18	
Overhaverbeck	10.80	1:19:57	7:24	9	28:26	26	28:26	52.70	5:45:49	6:33	9	1:38:44	27	1:38:44	
Undeloh	6.90	53:04	7:41	9	18:46	22	18:46	59.60	6:38:53	6:41	9	1:57:30	27	1:57:30	
Egestorf	9.20	1:12:14	7:51	7	25:56	21	25:56	68.80	7:51:07	6:50	8	2:23:26	25	2:23:26	
Salzhausen	10.60	1:24:25	7:57	5	27:54	19	27:55	79.40	9:15:32	6:59	7	2:51:20	21	2:51:21	
Südergellersen	10.90	1:30:00	8:15	4	23:31	17	23:37	90.30	10:45:32	7:08	6	3:14:51	19	3:14:58	
Sülzwiesen	9.70	1:15:30	7:47	3	23:40	16	23:40	100.00	12:01:02	7:12	6	3:38:31	19	3:38:31	