



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Sax, Almuth

□□: TV Urbar

□□: 15

□□: 100.00 km
Ultra-Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 9)

□□□□□□: 10:10:50

□□□□□: DNF(of 2)

□□□□□□□: 11:28:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:07:55	6:31	1	-	4	8:40	10.40	1:07:55	6:31	1	-	4	8:40
Amelinghausen	13.60	1:37:35	7:10	1	-	4	16:40	24.00	2:45:30	6:53	1	-	4	25:20
Schwindebeck	8.30	1:00:18	7:15	2	6:58	7	12:29	32.30	3:45:48	6:59	2	2:18	5	37:49
Bispingen	9.60	1:14:01	7:42	2	12:32	6	16:20	41.90	4:59:49	7:09	2	14:50	5	54:09
Overhaverbeck	10.80	1:31:25	8:27	2	19:52	6	24:32	52.70	6:31:14	7:25	2	34:42	5	1:16:40
Undeloh	6.90	58:55	8:32	2	9:48	6	13:31	59.60	7:30:09	7:33	2	44:30	6	1:29:34
Egestorf	9.20	1:25:10	9:15	2	21:33	6	29:27	68.80	8:55:19	7:46	2	1:06:03	6	1:59:01
Salzhausen	10.60	1:55:13	10:52	2	40:55	6	49:32	79.40	10:50:32	8:11	2	1:46:58	6	2:48:33
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-