



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Tucci, Mario

□□: MTV Bad Bevensen

□□: 9

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 12:21:46

□□: 8.09 km/h

□□□□: 7:25 min/km

□□□□□/□□□□: 24 (of 59)

□□□□□/□: 20 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 1)

□□□□□□□: 12:21:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:03	5:57	1	-	26	13:42	10.40	1:02:03	5:57	1	-	26	13:42	
Amelinghausen	13.60	1:27:35	6:26	1	-	30	23:17	24.00	2:29:38	6:14	1	-	30	36:59	
Schwindebeck	8.30	53:40	6:27	1	-	33	15:37	32.30	3:23:18	6:17	1	-	30	52:36	
Bispingen	9.60	1:07:17	7:00	1	-	35	22:26	41.90	4:30:35	6:27	1	-	30	1:15:01	
Overhaverbeck	10.80	1:23:31	7:43	1	-	30	32:00	52.70	5:54:06	6:43	1	-	29	1:47:01	
Undeloh	6.90	56:12	8:08	1	-	28	21:54	59.60	6:50:18	6:53	1	-	29	2:08:55	
Egestorf	9.20	1:12:55	7:55	1	-	23	26:37	68.80	8:03:13	7:01	1	-	28	2:35:32	
Salzhausen	10.60	1:25:49	8:05	1	-	20	29:19	79.40	9:29:02	7:10	1	-	23	3:04:51	
Südergellersen	10.90	1:31:47	8:25	1	-	19	25:24	90.30	11:00:49	7:19	1	-	21	3:30:15	
Sülzwiesen	9.70	1:20:57	8:20	1	-	22	29:07	100.00	12:21:46	7:25	1	-	20	3:59:15	