



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Fuhlendorf, Ingo

□□: Open Sports Hamburg

□□: 33

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 12:29:41

□□: 8.00 km/h

□□□□: 7:30 min/km

□□□□□/□□□□: 26 (of 59)

□□□□□□/□: 22 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 5)

□□□□□□□: 12:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:11	5:58	2	0:50	29	13:50	10.40	1:02:11	5:58	2	0:50	29	13:50	
Amelinghausen	13.60	1:26:19	6:20	2	5:42	28	22:01	24.00	2:28:30	6:11	2	6:32	28	35:51	
Schwindebeck	8.30	52:21	6:18	2	4:10	29	14:18	32.30	3:20:51	6:13	2	10:42	28	50:09	
Bispingen	9.60	1:04:28	6:42	2	4:16	29	19:37	41.90	4:25:19	6:19	2	14:58	27	1:09:45	
Overhaverbeck	10.80	1:17:49	7:12	1	-	24	26:18	52.70	5:43:08	6:30	1	-	22	1:36:03	
Undeloh	6.90	54:30	7:53	1	-	26	20:12	59.60	6:37:38	6:40	1	-	26	1:56:15	
Egestorf	9.20	1:12:29	7:52	1	-	22	26:11	68.80	7:50:07	6:49	1	-	23	2:22:26	
Salzhausen	10.60	1:33:52	8:51	2	1:36	26	37:22	79.40	9:23:59	7:06	1	-	22	2:59:48	
Südergellersen	10.90	1:42:41	9:25	1	-	25	36:18	90.30	11:06:40	7:22	1	-	22	3:36:06	
Sülzwiesen	9.70	1:23:01	8:33	2	6:21	25	31:11	100.00	12:29:41	7:29	1	-	22	4:07:10	