



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Maier, Frank

□□: Meyenburg

□□: 31

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:29:40

□□: 8.00 km/h

□□□□: 7:30 min/km

□□□□□/□□□: 25 (of 59)

□□□□□/□: 21 (of 50)

□□□□□□: 8:22:31

□□□□□: 10(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:13	5:58	12	13:52	30	13:52	10.40	1:02:13	5:58	12	13:52	30	13:52	
Amelinghausen	13.60	1:21:38	6:00	8	17:20	18	17:20	24.00	2:23:51	5:59	8	31:12	21	31:12	
Schwindebeck	8.30	50:03	6:01	9	12:00	21	12:00	32.30	3:13:54	6:00	8	43:12	22	43:12	
Bispingen	9.60	59:48	6:13	10	14:56	20	14:57	41.90	4:13:42	6:03	9	58:08	21	58:08	
Overhaverbeck	10.80	1:21:42	7:33	11	30:11	28	30:11	52.70	5:35:24	6:21	10	1:28:19	21	1:28:19	
Undeloh	6.90	56:50	8:14	11	22:32	30	22:32	59.60	6:32:14	6:34	10	1:50:51	21	1:50:51	
Egestorf	9.20	1:24:13	9:09	13	37:55	34	37:55	68.80	7:56:27	6:55	11	2:28:46	26	2:28:46	
Salzhausen	10.60	1:35:38	9:01	12	39:08	28	39:08	79.40	9:32:05	7:12	11	3:07:54	24	3:07:54	
Südergellersen	10.90	1:35:01	8:43	10	28:38	22	28:38	90.30	11:07:06	7:23	11	3:36:32	23	3:36:32	
Sülzwiesen	9.70	1:22:34	8:30	10	30:37	23	30:44	100.00	12:29:40	7:29	10	4:07:09	21	4:07:09	