



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Städler, Rene

□□: -  
□□: 51

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M40 (40-44 Jahre)

□□□: 12:29:41

□□: 8.00 km/h  
□□□□: 7:30 min/km

□□□□□/□□□: 27 (of 59)

□□□□□/□: 22 (of 50)

□□□□□□: 8:22:31

□□□□□: 7(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	54:21	5:13	2	6:00	6	6:00	10.40	54:21	5:13	2	6:00	6	6:00
Amelinghausen	13.60	1:14:52	5:30	2	10:34	6	10:34	24.00	2:09:13	5:23	2	16:34	6	16:34
Schwindebeck	8.30	48:34	5:51	5	10:30	14	10:31	32.30	2:57:47	5:30	2	27:04	7	27:05
Bispingen	9.60	1:06:44	6:57	11	21:53	32	21:53	41.90	4:04:31	5:50	3	48:57	12	48:57
Overhaverbeck	10.80	1:38:52	9:09	11	47:21	39	47:21	52.70	5:43:23	6:30	6	1:36:18	23	1:36:18
Undeloh	6.90	52:20	7:35	8	18:02	21	18:02	59.60	6:35:43	6:38	7	1:54:20	23	1:54:20
Egestorf	9.20	1:20:44	8:46	11	34:26	33	34:26	68.80	7:56:27	6:55	9	2:28:46	26	2:28:46
Salzhausen	10.60	1:35:38	9:01	9	39:07	28	39:08	79.40	9:32:05	7:12	8	3:07:53	24	3:07:54
Südergellersen	10.90	1:35:02	8:43	7	28:33	23	28:39	90.30	11:07:07	7:23	7	3:36:26	24	3:36:33
Sülzwiesen	9.70	1:22:34	8:30	7	30:44	23	30:44	100.00	12:29:41	7:29	7	4:07:10	22	4:07:10