



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Mosel, Wolfgang

□□: Aufbau Boizenburg
 □□: 54

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 12:32:32

□□: 7.97 km/h
 □□□□: 7:32 min/km

□□□□□/□□□: 28 (of 59)

□□□□□/□: 24 (of 50)

□□□□□□: 8:22:31

□□□□□: 11(of 21)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	57:05	5:29	6	8:44	10	8:44	10.40	57:05	5:29	6	8:44	10	8:44
Amelinghausen	13.60	1:19:43	5:51	7	15:25	13	15:25	24.00	2:16:48	5:42	7	24:09	12	24:09
Schwindebeck	8.30	49:13	5:55	6	11:10	17	11:10	32.30	3:06:01	5:45	6	35:19	11	35:19
Bispingen	9.60	58:52	6:07	9	14:00	18	14:01	41.90	4:04:53	5:50	7	49:19	14	49:19
Overhaverbeck	10.80	1:22:14	7:36	12	30:43	29	30:43	52.70	5:27:07	6:12	9	1:20:02	18	1:20:02
Undeloh	6.90	1:01:08	8:51	13	26:50	32	26:50	59.60	6:28:15	6:30	9	1:46:52	20	1:46:52
Egestorf	9.20	1:16:00	8:15	10	29:42	27	29:42	68.80	7:44:15	6:44	9	2:16:34	20	2:16:34
Salzhausen	10.60	1:22:09	7:45	10	25:39	18	25:39	79.40	9:06:24	6:52	10	2:42:13	20	2:42:13
Südergellersen	10.90	1:51:16	10:12	13	44:53	32	44:53	90.30	10:57:40	7:16	10	3:27:06	20	3:27:06
Sülzwiesen	9.70	1:34:52	9:46	12	42:55	29	43:02	100.00	12:32:32	7:31	11	4:10:01	24	4:10:01