



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Riedel, Roland

□□: LG Westerwald

□□: 3

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 12:39:30

□□: 7.90 km/h

□□□□: 7:36 min/km

□□□□□/□□□□: 29 (of 59)

□□□□□/□: 25 (of 50)

□□□□□□: 8:22:31

□□□□□: 2(of 2)

□□□□□□□: 11:28:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:15:44	7:16	2	16:27	48	27:23	10.40	1:15:44	7:16	2	16:27	48	27:23	
Amelinghausen	13.60	1:38:29	7:14	2	16:47	45	34:11	24.00	2:54:13	7:15	2	33:14	47	1:01:34	
Schwindebeck	8.30	59:05	7:07	2	8:48	39	21:02	32.30	3:53:18	7:13	2	42:02	43	1:22:36	
Bispingen	9.60	1:07:00	6:58	2	4:24	34	22:09	41.90	5:00:18	7:10	2	46:26	40	1:44:44	
Overhaverbeck	10.80	1:16:54	7:07	1	-	20	25:23	52.70	6:17:12	7:09	2	45:47	38	2:10:07	
Undeloh	6.90	54:27	7:53	2	3:37	25	20:09	59.60	7:11:39	7:14	2	49:24	35	2:30:16	
Egestorf	9.20	1:16:51	8:21	2	6:49	28	30:33	68.80	8:28:30	7:23	2	56:13	34	3:00:49	
Salzhausen	10.60	1:28:40	8:21	2	9:42	21	32:10	79.40	9:57:10	7:31	2	1:05:55	33	3:32:59	
Südergellersen	10.90	1:28:01	8:04	2	2:24	15	21:38	90.30	11:25:11	7:35	2	1:08:19	25	3:54:37	
Sülzwiesen	9.70	1:14:19	7:39	2	2:43	14	22:29	100.00	12:39:30	7:35	2	1:11:02	25	4:16:59	