



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Cordes, Christian

□□: LRT TuS Kirchwalsede
 □□: 11

□□: 100.00 km
 Ultra-Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 12:47:33

□□: 7.82 km/h
 □□□□: 7:41 min/km

□□□□□/□□□: 30 (of 59)

□□□□□/□: 26 (of 50)

□□□□□□: 8:22:31

□□□□□: 8(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:14:37	7:10	12	26:16	46	26:16	10.40	1:14:37	7:10	12	26:16	46	26:16
Amelinghausen	13.60	1:35:47	7:02	12	31:29	41	31:29	24.00	2:50:24	7:06	12	57:45	43	57:45
Schwindebeck	8.30	54:26	6:33	10	16:22	35	16:23	32.30	3:44:50	6:57	12	1:14:07	42	1:14:08
Bispingen	9.60	1:02:22	6:29	6	17:31	23	17:31	41.90	4:47:12	6:51	11	1:31:38	37	1:31:38
Overhaverbeck	10.80	1:14:45	6:55	6	23:14	18	23:14	52.70	6:01:57	6:52	11	1:54:52	34	1:54:52
Undeloh	6.90	53:39	7:46	10	19:21	23	19:21	59.60	6:55:36	6:58	11	2:14:13	31	2:14:13
Egestorf	9.20	1:19:49	8:40	10	33:31	31	33:31	68.80	8:15:25	7:12	11	2:47:44	30	2:47:44
Salzhausen	10.60	1:38:09	9:15	10	41:38	32	41:39	79.40	9:53:34	7:28	11	3:29:22	32	3:29:23
Südergellersen	10.90	1:34:55	8:42	6	28:26	21	28:32	90.30	11:28:29	7:37	9	3:57:48	27	3:57:55
Sülzwiesen	9.70	1:19:04	8:09	6	27:14	21	27:14	100.00	12:47:33	7:40	8	4:25:02	26	4:25:02