



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Merker, Dieter

□□: Lauf-Werwölfe

□□: 12

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□□□/□□□□: DNF (of 59)

□□□□□□/□: DNF (of 50)

□□□□□□□: 8:22:31

□□□□□□: DNF(of 21)

□□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:27:09	8:22	21	38:48	49	38:48	10.40	1:27:09	8:22	21	38:48	49	38:48	
Amelinghausen	13.60	2:05:56	9:15	21	1:01:38	50	1:01:38	24.00	3:33:05	8:52	21	1:40:26	50	1:40:26	
Schwindebeck	8.30	1:16:56	9:16	21	38:53	49	38:53	32.30	4:50:01	8:58	21	2:19:19	49	2:19:19	
Bispingen	9.60	1:35:50	9:58	21	50:58	49	50:59	41.90	6:25:51	9:12	21	3:10:17	49	3:10:17	
Overhaverbeck	10.80	2:11:12	12:08	20	1:19:41	47	1:19:41	52.70	8:37:03	9:48	20	4:29:58	47	4:29:58	
Undeloh	6.90	1:18:25	11:21	18	44:07	42	44:07	59.60	9:55:28	9:59	18	5:14:05	42	5:14:05	
Egestorf	9.20	fehlt!	-	-	-	-	-	68.80	-	-	-	-	-	-	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	