



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Surhoff, Morten

□□: VHV Gruppe

□□: 8

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 13:01:22

□□: 7.68 km/h

□□□□: 7:49 min/km

□□□□□/□□□: 31 (of 59)

□□□□□/□: 27 (of 50)

□□□□□□: 8:22:31

□□□□□: 9(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:00:59	5:51	6	12:38	20	12:38	10.40	1:00:59	5:51	6	12:38	20	12:38	
Amelinghausen	13.60	1:21:34	5:59	6	17:16	17	17:16	24.00	2:22:33	5:56	6	29:54	18	29:54	
Schwindebeck	8.30	49:02	5:54	6	10:58	16	10:59	32.30	3:11:35	5:55	6	40:52	18	40:53	
Bispingen	9.60	1:02:34	6:31	7	17:43	24	17:43	41.90	4:14:09	6:03	7	58:35	23	58:35	
Overhaverbeck	10.80	1:30:58	8:25	10	39:27	34	39:27	52.70	5:45:07	6:32	7	1:38:02	25	1:38:02	
Undeloh	6.90	50:37	7:20	6	16:19	17	16:19	59.60	6:35:44	6:38	8	1:54:21	24	1:54:21	
Egestorf	9.20	1:14:48	8:07	9	28:30	26	28:30	68.80	7:50:32	6:50	7	2:22:51	24	2:22:51	
Salzhausen	10.60	1:53:41	10:43	11	57:10	37	57:11	79.40	9:44:13	7:21	10	3:20:01	28	3:20:02	
Südergellersen	10.90	1:42:15	9:22	8	35:46	24	35:52	90.30	11:26:28	7:36	8	3:55:47	26	3:55:54	
Sülzwiesen	9.70	1:34:54	9:47	9	43:04	30	43:04	100.00	13:01:22	7:48	9	4:38:51	27	4:38:51	