



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Schwarz, Constantin

□□: Ultraläufer Nidderau  
 □□: 48

□□: 100.00 km  
 Ultra-Marathon

□□□□:  
 Männer (20-29 Jahre)

□□□: 13:13:15

□□: 7.56 km/h  
 □□□□: 7:56 min/km

□□□□□/□□□□: 33 (of 59)

□□□□□/□: 29 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 1)

□□□□□□□: 13:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	58:38	5:38	1	-	13	10:17	10.40	58:38	5:38	1	-	13	10:17	
Amelinghausen	13.60	1:18:09	5:44	1	-	9	13:51	24.00	2:16:47	5:41	1	-	9	24:08	
Schwindebeck	8.30	46:36	5:36	1	-	8	8:33	32.30	3:03:23	5:40	1	-	9	32:41	
Bispingen	9.60	58:11	6:03	1	-	16	13:20	41.90	4:01:34	5:45	1	-	11	46:00	
Overhaverbeck	10.80	1:15:53	7:01	1	-	19	24:22	52.70	5:17:27	6:01	1	-	11	1:10:22	
Undeloh	6.90	1:05:10	9:26	1	-	37	30:52	59.60	6:22:37	6:25	1	-	19	1:41:14	
Egestorf	9.20	1:25:10	9:15	1	-	35	38:52	68.80	7:47:47	6:47	1	-	21	2:20:06	
Salzhausen	10.60	1:51:27	10:30	1	-	36	54:57	79.40	9:39:14	7:17	1	-	26	3:15:03	
Südergellersen	10.90	1:56:54	10:43	1	-	34	50:31	90.30	11:36:08	7:42	1	-	29	4:05:34	
Sülzwiesen	9.70	1:37:07	10:00	1	-	33	45:17	100.00	13:13:15	7:55	1	-	29	4:50:44	