



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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## Spillebeen, Uwe

□□: TSV Victoria Linden

□□: 57

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 50)

□□□□□□: 8:22:31

□□□□□: DNF(of 5)

□□□□□□□: 12:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:05:59	6:20	3	4:38	35	17:38	10.40	1:05:59	6:20	3	4:38	35	17:38	
Amelinghausen	13.60	1:29:31	6:34	3	8:54	33	25:13	24.00	2:35:30	6:28	3	13:32	33	42:51	
Schwindebeck	8.30	54:13	6:31	3	6:02	34	16:10	32.30	3:29:43	6:29	3	19:34	32	59:01	
Bispingen	9.60	1:06:47	6:57	3	6:35	33	21:56	41.90	4:36:30	6:35	3	26:09	33	1:20:56	
Overhaverbeck	10.80	1:24:41	7:50	2	6:52	31	33:10	52.70	6:01:11	6:51	3	18:03	32	1:54:06	
Undeloh	6.90	fehlt!	-	-	-	-	-	59.60	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	68.80	-	-	-	-	-	-	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	