



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Hirschberger, Torsten

□□□: 13:15:04

□□: 100 Marathon Club

□□: 7.55 km/h

□□: 17

□□□□: 7:57 min/km

□□: 100.00 km

□□□□□/□□□: 34 (of 59)

Ultra-Marathon

□□□□□/□: 30 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 12(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:06:35	6:24	16	18:14	40	18:14	10.40	1:06:35	6:24	16	18:14	40	18:14	
Amelinghausen	13.60	1:30:05	6:37	16	25:47	34	25:47	24.00	2:36:40	6:31	16	44:01	35	44:01	
Schwindebeck	8.30	53:32	6:26	15	15:29	32	15:29	32.30	3:30:12	6:30	15	59:30	33	59:30	
Bispingen	9.60	1:10:00	7:17	14	25:08	36	25:09	41.90	4:40:12	6:41	15	1:24:38	34	1:24:38	
Overhaverbeck	10.80	1:21:32	7:32	10	30:01	27	30:01	52.70	6:01:44	6:51	13	1:54:39	33	1:54:39	
Undeloh	6.90	56:26	8:10	10	22:08	29	22:08	59.60	6:58:10	7:00	13	2:16:47	32	2:16:47	
Egestorf	9.20	1:19:07	8:35	12	32:49	30	32:49	68.80	8:17:17	7:13	12	2:49:36	32	2:49:36	
Salzhausen	10.60	1:36:13	9:04	13	39:43	31	39:43	79.40	9:53:30	7:28	13	3:29:19	31	3:29:19	
Südergellersen	10.90	1:43:38	9:30	11	37:15	27	37:15	90.30	11:37:08	7:43	12	4:06:34	30	4:06:34	
Sülzwiesen	9.70	1:37:56	10:05	14	45:59	34	46:06	100.00	13:15:04	7:57	12	4:52:33	30	4:52:33	