



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

□□□□

Deutsch, Andreas

□□□: 13:16:07

□□: ohne

□□: 7.54 km/h

□□: 6

□□□□: 7:58 min/km

□□: 100.00 km

□□□□□/□□□: 35 (of 59)

Ultra-Marathon

□□□□□/□: 31 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 13(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□□: 8:22:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:02:08	5:58	11	13:47	28	13:47	10.40	1:02:08	5:58	11	13:47	28	13:47
Amelinghausen	13.60	1:27:36	6:26	14	23:18	31	23:18	24.00	2:29:44	6:14	14	37:05	31	37:05
Schwindebeck	8.30	54:49	6:36	16	16:46	36	16:46	32.30	3:24:33	6:19	14	53:51	31	53:51
Bispingen	9.60	1:11:07	7:24	16	26:15	38	26:16	41.90	4:35:40	6:34	14	1:20:06	31	1:20:06
Overhaverbeck	10.80	1:27:31	8:06	14	36:00	33	36:00	52.70	6:03:11	6:53	14	1:56:06	35	1:56:06
Undeloh	6.90	58:38	8:29	12	24:20	31	24:20	59.60	7:01:49	7:04	14	2:20:26	34	2:20:26
Egestorf	9.20	1:18:48	8:33	11	32:30	29	32:30	68.80	8:20:37	7:16	13	2:52:56	33	2:52:56
Salzhausen	10.60	1:32:30	8:43	11	36:00	25	36:00	79.40	9:53:07	7:28	12	3:28:56	30	3:28:56
Südergellersen	10.90	1:48:50	9:59	12	42:27	30	42:27	90.30	11:41:57	7:46	13	4:11:23	31	4:11:23
Sülzwiesen	9.70	1:34:10	9:42	11	42:13	28	42:20	100.00	13:16:07	7:57	13	4:53:36	31	4:53:36