



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Fuckerirer, Lucas

□□□: 13:41:34

□□: Unterstützungsgeschwader

□□: 7.30 km/h

□□: 22

□□□□: 8:13 min/km

□□: 100.00 km

□□□□□/□□□: 37 (of 59)

Ultra-Marathon

□□□□□/□: 32 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 10(of 12)

Senioren M40 (40-44 Jahre)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:11:23	6:51	11	23:02	41	23:02	10.40	1:11:23	6:51	11	23:02	41	23:02	
Amelinghausen	13.60	1:32:21	6:47	9	28:03	35	28:03	24.00	2:43:44	6:49	11	51:05	41	51:05	
Schwindebeck	8.30	55:07	6:38	11	17:03	37	17:04	32.30	3:38:51	6:46	10	1:08:08	36	1:08:09	
Bispingen	9.60	1:04:11	6:41	8	19:20	27	19:20	41.90	4:43:02	6:45	10	1:27:28	35	1:27:28	
Overhaverbeck	10.80	1:17:12	7:08	7	25:41	22	25:41	52.70	6:00:14	6:50	10	1:53:09	31	1:53:09	
Undeloh	6.90	54:53	7:57	11	20:35	27	20:35	59.60	6:55:07	6:57	10	2:13:44	30	2:13:44	
Egestorf	9.20	1:13:51	8:01	8	27:33	24	27:33	68.80	8:08:58	7:06	10	2:41:17	29	2:41:17	
Salzhausen	10.60	1:34:22	8:54	8	37:51	27	37:52	79.40	9:43:20	7:20	9	3:19:08	27	3:19:09	
Südergellersen	10.90	2:06:54	11:38	10	1:00:25	38	1:00:31	90.30	11:50:14	7:51	10	4:19:33	32	4:19:40	
Sülzwiesen	9.70	1:51:20	11:28	10	59:30	36	59:30	100.00	13:41:34	8:12	10	5:19:03	32	5:19:03	