



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Nagel, Heinz

□□: run4me

□□: 29

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 13:55:27

□□: 7.18 km/h

□□□□: 8:21 min/km

□□□□□/□□□: 38 (of 59)

□□□□□/□: 33 (of 50)

□□□□□□: 8:22:31

□□□□□: 3(of 5)

□□□□□□□: 12:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:06:20	6:22	4	4:59	37	17:59	10.40	1:06:20	6:22	4	4:59	37	17:59	
Amelinghausen	13.60	1:34:44	6:57	4	14:07	40	30:26	24.00	2:41:04	6:42	4	19:06	39	48:25	
Schwindebeck	8.30	1:00:16	7:15	4	12:05	41	22:13	32.30	3:41:20	6:51	4	31:11	38	1:10:38	
Bispingen	9.60	1:17:59	8:07	4	17:47	40	33:08	41.90	4:59:19	7:08	4	48:58	39	1:43:45	
Overhaverbeck	10.80	1:38:41	9:08	4	20:52	38	47:10	52.70	6:38:00	7:33	4	54:52	39	2:30:55	
Undeloh	6.90	1:03:49	9:14	2	9:19	34	29:31	59.60	7:41:49	7:44	3	1:04:11	36	3:00:26	
Egestorf	9.20	1:20:13	8:43	3	7:44	32	33:55	68.80	9:02:02	7:52	3	1:11:55	35	3:34:21	
Salzhausen	10.60	1:43:33	9:46	3	11:17	34	47:03	79.40	10:45:35	8:07	3	1:21:36	34	4:21:24	
Südergellersen	10.90	1:53:12	10:23	3	10:31	33	46:49	90.30	12:38:47	8:24	3	1:32:07	33	5:08:13	
Sülzwiesen	9.70	1:16:40	7:54	1	-	19	24:50	100.00	13:55:27	8:21	3	1:25:46	33	5:32:56	