



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Kröger-Preuß, Bernd

□□□: 14:49:23

□□: WooldlöpERS

□□: 6.75 km/h

□□: 50

□□□□: 8:53 min/km

□□: 100.00 km

□□□□□/□□□: 40 (of 59)

Ultra-Marathon

□□□□□/□: 35 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 14(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:14:35	7:10	18	26:14	43	26:14	10.40	1:14:35	7:10	18	26:14	43	26:14	
Amelinghausen	13.60	1:42:00	7:30	20	37:42	48	37:42	24.00	2:56:35	7:21	20	1:03:56	48	1:03:56	
Schwindebeck	8.30	59:25	7:09	17	21:22	40	21:22	32.30	3:56:00	7:18	20	1:25:18	47	1:25:18	
Bispingen	9.60	1:18:38	8:11	19	33:46	43	33:47	41.90	5:14:38	7:30	20	1:59:04	46	1:59:04	
Overhaverbeck	10.80	1:38:15	9:05	16	46:44	37	46:44	52.70	6:52:53	7:50	17	2:45:48	41	2:45:48	
Undeloh	6.90	1:03:58	9:16	14	29:40	35	29:40	59.60	7:56:51	8:00	15	3:15:28	38	3:15:28	
Egestorf	9.20	1:29:07	9:41	14	42:49	37	42:49	68.80	9:25:58	8:13	14	3:58:17	37	3:58:17	
Salzhausen	10.60	1:47:54	10:10	14	51:24	35	51:24	79.40	11:13:52	8:29	14	4:49:41	36	4:49:41	
Südergellersen	10.90	1:59:57	11:00	16	53:34	37	53:34	90.30	13:13:49	8:47	14	5:43:15	35	5:43:15	
Sülzwiesen	9.70	1:35:34	9:51	13	43:37	31	43:44	100.00	14:49:23	8:53	14	6:26:52	35	6:26:52	