



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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**Mayer, Gustav**

□□: SV Birkenhard  
 □□: 34

□□: 100.00 km  
 Ultra-Marathon

□□□□:  
 Senioren M65 (65-69 Jahre)

□□□: 14:50:31

□□: 6.74 km/h  
 □□□□: 8:55 min/km

□□□□□/□□□□: 41 (of 59)

□□□□□/□: 36 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 1)

□□□□□□□: 14:50:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:27:13	8:23	1	-	50	38:52	10.40	1:27:13	8:23	1	-	50	38:52	
Amelinghausen	13.60	1:53:14	8:19	1	-	49	48:56	24.00	3:20:27	8:21	1	-	49	1:27:48	
Schwindebeck	8.30	1:09:21	8:21	1	-	48	31:18	32.30	4:29:48	8:21	1	-	48	1:59:06	
Bispingen	9.60	1:21:46	8:31	1	-	44	36:55	41.90	5:51:34	8:23	1	-	48	2:36:00	
Overhaverbeck	10.80	1:39:03	9:10	1	-	40	47:32	52.70	7:30:37	8:33	1	-	46	3:23:32	
Undeloh	6.90	1:02:40	9:04	1	-	33	28:22	59.60	8:33:17	8:36	1	-	41	3:51:54	
Egestorf	9.20	1:27:18	9:29	1	-	36	41:00	68.80	10:00:35	8:43	1	-	40	4:32:54	
Salzhausen	10.60	1:35:49	9:02	1	-	30	39:19	79.40	11:36:24	8:46	1	-	37	5:12:13	
Südergellersen	10.90	1:43:13	9:28	1	-	26	36:50	90.30	13:19:37	8:51	1	-	36	5:49:03	
Sülzwiesen	9.70	1:30:54	9:22	1	-	27	39:04	100.00	14:50:31	8:54	1	-	36	6:28:00	