



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 | |