



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Andreesen, Andres

□□□: 16:04:48

□□: Ultrafriesen/100MC

□□: 6.22 km/h

□□: 37

□□□□: 9:39 min/km

□□: 100.00 km

□□□□□/□□□: 43 (of 59)

Ultra-Marathon

□□□□□/□: 38 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 16(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	1:38:36	7:15	19	34:18	47	34:18	24.00	2:53:11	7:12	19	1:00:32	46	1:00:32	
Schwindebeck	8.30	1:01:33	7:24	18	23:30	42	23:30	32.30	3:54:44	7:16	18	1:24:02	44	1:24:02	
Bispingen	9.60	1:18:21	8:09	17	33:29	41	33:30	41.90	5:13:05	7:28	18	1:57:31	43	1:57:31	
Overhaverbeck	10.80	1:40:35	9:18	18	49:04	42	49:04	52.70	6:53:40	7:50	19	2:46:35	43	2:46:35	
Undeloh	6.90	1:09:41	10:05	17	35:23	40	35:23	59.60	8:03:21	8:06	17	3:21:58	40	3:21:58	
Egestorf	9.20	1:52:42	12:15	15	1:06:24	39	1:06:24	68.80	9:56:03	8:39	15	4:28:22	38	4:28:22	
Salzhausen	10.60	2:15:31	12:47	16	1:19:01	39	1:19:01	79.40	12:11:34	9:12	15	5:47:23	38	5:47:23	
Südergellersen	10.90	1:57:00	10:44	14	50:37	35	50:37	90.30	14:08:34	9:23	15	6:38:00	37	6:38:00	
Sülzwiesen	9.70	1:56:14	11:58	16	1:04:17	38	1:04:24	100.00	16:04:48	9:38	16	7:42:17	38	7:42:17	