



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Friedrichs, Wolfgang

□□□: 16:04:47

□□: TV Norden / Ultrafriesen / TEA

□□: 6.22 km/h

□□: 18

□□□□: 9:39 min/km

□□: 100.00 km

□□□□□/□□□: 42 (of 59)

Ultra-Marathon

□□□□□/□: 37 (of 50)

□□□□□□: 8:22:31

□□□□:

□□□□□: 15(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□: 8:22:31

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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    | 1:38:35  | 7:14         | 18      | 34:17   | 46      | 34:17   | 24.00  | 2:53:10   | 7:12      | 18            | 1:00:31 | 45      | 1:00:31 |         |
| Schwindebeck   | 8.30     | 1:01:35  | 7:25         | 20      | 23:32   | 44      | 23:32   | 32.30  | 3:54:45   | 7:16      | 19            | 1:24:03 | 45      | 1:24:03 |         |
| Bispingen      | 9.60     | 1:18:22  | 8:09         | 18      | 33:30   | 42      | 33:31   | 41.90  | 5:13:07   | 7:28      | 19            | 1:57:33 | 44      | 1:57:33 |         |
| Overhaverbeck  | 10.80    | 1:40:30  | 9:18         | 17      | 48:59   | 41      | 48:59   | 52.70  | 6:53:37   | 7:50      | 18            | 2:46:32 | 42      | 2:46:32 |         |
| Undeloh        | 6.90     | 1:09:37  | 10:05        | 16      | 35:19   | 39      | 35:19   | 59.60  | 8:03:14   | 8:06      | 16            | 3:21:51 | 39      | 3:21:51 |         |
| Egestorf       | 9.20     | 1:52:58  | 12:16        | 16      | 1:06:40 | 40      | 1:06:40 | 68.80  | 9:56:12   | 8:39      | 16            | 4:28:31 | 39      | 4:28:31 |         |
| Salzhausen     | 10.60    | 2:15:22  | 12:46        | 15      | 1:18:52 | 38      | 1:18:52 | 79.40  | 12:11:34  | 9:12      | 15            | 5:47:23 | 38      | 5:47:23 |         |
| Südergellersen | 10.90    | 1:57:02  | 10:44        | 15      | 50:39   | 36      | 50:39   | 90.30  | 14:08:36  | 9:23      | 16            | 6:38:02 | 38      | 6:38:02 |         |
| Sülzwiesen     | 9.70     | 1:56:11  | 11:58        | 15      | 1:04:14 | 37      | 1:04:21 | 100.00 | 16:04:47  | 9:38      | 15            | 7:42:16 | 37      | 7:42:16 |         |