



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Laenger, Uwe

□□: 1.FC UNION BERLIN

□□: 38

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 8:22:31

□□: 11.94 km/h

□□□□: 5:02 min/km

□□□□□/□□□: 2 (of 59)

□□□□□/□: 1 (of 50)

□□□□□□: 8:22:31

□□□□□: 1(of 21)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	48:21	4:38	1	-	1	-	10.40	48:21	4:38	1	-	1	-	
Amelinghausen	13.60	1:04:18	4:43	1	-	1	-	24.00	1:52:39	4:41	1	-	1	-	
Schwindebeck	8.30	38:03	4:35	1	-	1	-	32.30	2:30:42	4:39	1	-	1	-	
Bispingen	9.60	44:52	4:40	1	-	2	0:01	41.90	3:15:34	4:40	1	-	1	-	
Overhaverbeck	10.80	51:31	4:46	1	-	1	-	52.70	4:07:05	4:41	1	-	1	-	
Undeloh	6.90	34:18	4:58	1	-	1	-	59.60	4:41:23	4:43	1	-	1	-	
Egestorf	9.20	46:18	5:01	1	-	1	-	68.80	5:27:41	4:45	1	-	1	-	
Salzhausen	10.60	56:30	5:19	1	-	1	-	79.40	6:24:11	4:50	1	-	1	-	
Südergellersen	10.90	1:06:23	6:05	1	-	1	-	90.30	7:30:34	4:59	1	-	1	-	
Sülzwiesen	9.70	51:57	5:21	1	-	2	0:07	100.00	8:22:31	5:01	1	-	1	-	