



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Talu, Osman

□□: gibtesnicht

□□: 25

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 50)

□□□□□□: 8:22:31

□□□□□: DNF(of 6)

□□□□□□□: 10:20:59

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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    | 1:05:58  | 6:20         | 5       | 9:17    | 34      | 17:37   | 10.40  | 1:05:58   | 6:20      | 5             | 9:17    | 34      | 17:37   |         |
| Amelinghausen  | 13.60    | 1:32:50  | 6:49         | 4       | 13:44   | 37      | 28:32   | 24.00  | 2:38:48   | 6:37      | 5             | 18:45   | 37      | 46:09   |         |
| Schwindebeck   | 8.30     | 1:02:35  | 7:32         | 5       | 16:28   | 46      | 24:32   | 32.30  | 3:41:23   | 6:51      | 4             | 35:13   | 39      | 1:10:41 |         |
| Bispingen      | 9.60     | 1:31:41  | 9:33         | 5       | 36:36   | 47      | 46:50   | 41.90  | 5:13:04   | 7:28      | 5             | 1:11:49 | 42      | 1:57:30 |         |
| Overhaverbeck  | 10.80    | 1:53:33  | 10:30        | 5       | 49:36   | 44      | 1:02:02 | 52.70  | 7:06:37   | 8:05      | 5             | 2:01:25 | 44      | 2:59:32 |         |
| Undeloh        | 6.90     | fehlt!   | -            | -       | -       | -       | -       | 59.60  | -         | -         | -             | -       | -       | -       |         |
| Egestorf       | 9.20     | fehlt!   | -            | -       | -       | -       | -       | 68.80  | -         | -         | -             | -       | -       | -       |         |
| Salzhausen     | 10.60    | fehlt!   | -            | -       | -       | -       | -       | 79.40  | -         | -         | -             | -       | -       | -       |         |
| Südergellersen | 10.90    | fehlt!   | -            | -       | -       | -       | -       | 90.30  | -         | -         | -             | -       | -       | -       |         |
| Sülzwiesen     | 9.70     | fehlt!   | -            | -       | -       | -       | -       | 100.00 | -         | -         | -             | -       | -       | -       |         |