



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Schröder, Stephan

□□: HG Meat

□□: 53

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M40 (40-44 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 50)

□□□□□□: 8:22:31

□□□□□: DNF(of 12)

□□□□□□□: 8:22:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:00:57	5:51	5	12:36	18	12:36	10.40	1:00:57	5:51	5	12:36	18	12:36	
Amelinghausen	13.60	1:22:54	6:05	7	18:36	22	18:36	24.00	2:23:51	5:59	7	31:12	21	31:12	
Schwindebeck	8.30	50:02	6:01	7	11:58	20	11:59	32.30	3:13:53	6:00	7	43:10	21	43:11	
Bispingen	9.60	59:27	6:11	5	14:36	19	14:36	41.90	4:13:20	6:02	6	57:46	20	57:46	
Overhaverbeck	10.80	1:14:12	6:52	5	22:41	17	22:41	52.70	5:27:32	6:12	5	1:20:27	19	1:20:27	
Undeloh	6.90	46:46	6:46	4	12:28	11	12:28	59.60	6:14:18	6:16	5	1:32:55	16	1:32:55	
Egestorf	9.20	1:01:50	6:43	5	15:32	10	15:32	68.80	7:16:08	6:20	5	1:48:27	15	1:48:27	
Salzhausen	10.60	1:31:17	8:36	7	34:46	23	34:47	79.40	8:47:25	6:38	5	2:23:13	16	2:23:14	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	