



3. Lüneburger Heide Staffellauf und Ultra-Marathon Lüneburg / 18.06.2022

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läuft! Schule Marienau...

□□: Schule Marienau e.V.
□□: 331

□□: 100.00 km
5-10er-Staffel

□□□□:
5-10er Staffel

□□□: 9:22:47

□□: 10.66 km/h
□□□□: 05:37 min/km

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	50:23	4:53	4	12:14	4	12:14	10.30	50:23	4:53	4	12:14	4	12:14
Amelinghausen	13.80	1:08:25	4:57	10	17:21	10	17:21	24.10	1:58:48	4:55	6	53:28	6	53:28
Schwindebeck	9.40	42:59	4:34	2	6:19	2	6:19	33.50	2:41:47	4:49	3	35:54	3	35:54
Bispingen	8.90	41:44	4:41	3	2:16	3	2:16	42.40	3:23:31	4:47	2	33:22	2	33:22
Overhaverbeck	10.80	1:01:41	5:42	14	14:50	14	14:50	53.20	4:25:12	4:59	4	48:12	4	48:12
Undeloh	6.90	31:29	4:33	5	1:48	5	1:48	60.10	4:56:41	4:56	4	49:45	4	49:45
Egestorf	9.20	53:31	5:49	8	13:32	8	13:32	69.30	5:50:12	5:03	5	1:03:17	5	1:03:17
Salzhausen	10.70	53:25	4:59	4	13:44	4	13:44	80.00	6:43:37	5:02	4	1:17:01	4	1:17:01
Südergellersen	10.90	1:12:58	6:41	20	24:04	20	24:04	90.90	7:56:35	5:14	5	1:35:49	5	1:35:49
Sülzwiesen	9.10	1:26:12	9:28	32	46:14	32	46:14	100.00	9:22:47	5:37	7	2:16:50	7	2:16:50