



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

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Stelzer Thomas

□□: Stade Night Runners

□□: 127

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 14:32:32

□□: 6.88 km/h

□□□□: 08:43 min/km

□□□□□/□□□: 58 (of 102)

□□□□□/□: 48 (of 86)

□□□□□□: 8:42:41

□□□□□: 12(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:11	6:13	10	15:50	49	16:14	10.30	1:04:11	6:13	10	15:50	49	16:14
Amelinghausen	13.80	1:27:17	6:19	10	22:03	43	23:05	24.10	2:31:28	6:17	10	37:53	48	39:13
Schwindebeck	9.40	1:12:34	7:43	14	27:10	64	28:40	33.50	3:44:02	6:41	11	1:05:03	53	1:26:42
Bispingen	8.90	1:29:54	10:06	14	44:42	77	47:52	42.40	5:13:56	7:24	14	1:49:45	66	2:56:36
Overhaverbeck	10.80	1:39:00	9:09	13	38:42	58	45:20	53.20	6:52:56	7:45	13	2:28:27	56	2:38:34
Undeloh	6.90	1:12:27	10:30	13	29:32	58	37:51	60.10	8:05:23	8:04	14	2:54:05	60	3:08:24
Egestorf	9.20	1:45:57	11:30	13	41:57	57	56:21	69.30	9:51:20	8:31	13	3:34:38	53	3:59:11
Salzhausen	10.70	1:31:29	8:32	8	18:37	30	34:02	80.00	11:22:49	8:32	13	3:53:15	51	4:30:34
Südergellersen	10.90	1:50:58	10:10	12	30:22	49	46:47	90.90	13:13:47	8:43	13	4:21:13	51	5:17:21
Sülzwiesen	9.10	1:18:45	8:39	10	26:50	35	32:30	100.00	14:32:32	8:43	12	4:48:03	48	5:49:51