



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

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August Karsten

□□: 100 Marathon club

□□: 4

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 14:32:48

□□: 6.87 km/h

□□□□: 08:43 min/km

□□□□□/□□□: 59 (of 102)

□□□□□/□: 49 (of 86)

□□□□□□: 8:42:41

□□□□□: 7(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:15	6:49	11	19:16	67	22:18	10.30	1:10:15	6:49	11	19:16	67	22:18
Amelinghausen	13.80	1:39:29	7:12	11	32:15	72	35:17	24.10	2:49:44	7:02	11	51:30	71	57:29
Schwindebeck	9.40	1:21:29	8:40	10	34:40	77	37:35	33.50	4:11:13	7:29	11	1:43:38	72	1:53:53
Bispingen	8.90	1:24:31	9:29	10	40:19	71	42:29	42.40	5:35:44	7:55	11	3:08:09	75	3:18:24
Overhaverbeck	10.80	1:40:46	9:19	8	47:06	59	47:06	53.20	7:16:30	8:12	9	2:48:34	65	3:02:08
Undeloh	6.90	1:01:23	8:53	7	26:47	42	26:47	60.10	8:17:53	8:17	9	3:15:20	62	3:20:54
Egestorf	9.20	1:14:12	8:03	5	24:36	21	24:36	69.30	9:32:05	8:15	8	3:39:56	50	3:39:56
Salzhausen	10.70	1:33:32	8:44	5	36:05	35	36:05	80.00	11:05:37	8:19	7	4:13:22	47	4:13:22
Südergellersen	10.90	1:46:08	9:44	7	41:57	40	41:57	90.90	12:51:45	8:29	7	4:55:19	48	4:55:19
Sülzwiesen	9.10	1:41:03	11:06	8	54:48	55	54:48	100.00	14:32:48	8:43	7	5:50:07	49	5:50:07