



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

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März Ronny

□□: Run4Family

□□: 80

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 14:41:43

□□: 6.80 km/h

□□□□: 08:49 min/km

□□□□□/□□□: 61 (of 102)

□□□□□/□: 50 (of 86)

□□□□□□: 8:42:41

□□□□□: 13(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
Südergellersen	10.30	1:11:44	6:57	14	23:23	74	23:47	10.30	1:11:44	6:57	14	23:23	74	23:47
Amelinghausen	13.80	1:37:19	7:03	14	32:05	66	33:07	24.10	2:49:03	7:00	14	55:28	68	56:48
Schwindebeck	9.40	1:09:58	7:26	12	24:34	58	26:04	33.50	3:59:01	7:08	14	1:20:02	66	1:41:41
Bispingen	8.90	1:13:18	8:14	11	28:06	59	31:16	42.40	5:12:19	7:21	13	1:48:08	64	2:54:59
Overhaverbeck	10.80	1:32:20	8:32	11	32:02	48	38:40	53.20	6:44:39	7:36	12	2:20:10	54	2:30:17
Undeloh	6.90	1:05:38	9:30	11	22:43	48	31:02	60.10	7:50:17	7:49	12	2:38:59	55	2:53:18
Egestorf	9.20	1:39:24	10:48	12	35:24	54	49:48	69.30	9:29:41	8:13	12	3:12:59	49	3:37:32
Salzhausen	10.70	1:37:00	9:03	11	24:08	38	39:33	80.00	11:06:41	8:20	12	3:37:07	48	4:14:26
Südergellersen	10.90	1:57:35	10:47	13	36:59	53	53:24	90.90	13:04:16	8:37	12	4:11:42	49	5:07:50
Sülzwiesen	9.10	1:37:27	10:42	13	45:32	53	51:12	100.00	14:41:43	8:49	13	4:57:14	50	5:59:02