



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

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Firnkorn Joerg

□□: frei

□□: 34

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 14:43:02

□□: 6.79 km/h

□□□□: 08:50 min/km

□□□□□/□□□□: 62 (of 102)

□□□□□/□: 51 (of 86)

□□□□□□: 8:42:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:11	5:56	7	10:12	37	13:14	10.30	1:01:11	5:56	7	10:12	37	13:14	
Amelinghausen	13.80	1:29:12	6:27	7	21:58	50	25:00	24.10	2:30:23	6:14	7	32:09	43	38:08	
Schwindebeck	9.40	1:10:06	7:27	9	23:17	59	26:12	33.50	3:40:29	6:34	8	1:12:54	51	1:23:09	
Bispingen	8.90	1:16:35	8:36	9	32:23	63	34:33	42.40	4:57:04	7:00	10	2:29:29	58	2:39:44	
Overhaverbeck	10.80	1:41:33	9:24	9	47:53	60	47:53	53.20	6:38:37	7:29	8	2:10:41	51	2:24:15	
Undeloh	6.90	1:09:15	10:02	8	34:39	54	34:39	60.10	7:47:52	7:47	8	2:45:19	54	2:50:53	
Egestorf	9.20	1:34:49	10:18	7	45:13	44	45:13	69.30	9:22:41	8:07	7	3:30:32	47	3:30:32	
Salzhausen	10.70	1:57:05	10:56	8	59:38	60	59:38	80.00	11:19:46	8:29	8	4:27:31	50	4:27:31	
Südergellersen	10.90	1:53:25	10:24	8	49:14	52	49:14	90.90	13:13:11	8:43	8	5:16:45	50	5:16:45	
Sülzwiesen	9.10	1:29:51	9:52	6	43:36	48	43:36	100.00	14:43:02	8:49	8	6:00:21	51	6:00:21	