



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

□□□□

Pielok Alois

□□: ohne

□□: 90

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 14:57:24

□□: 6.69 km/h

□□□□: 08:58 min/km

□□□□□/□□□: 64 (of 102)

□□□□□/□: 52 (of 86)

□□□□□□: 8:42:41

□□□□□: 6(of 11)

□□□□□□□: 10:40:25

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:12:32	7:02	8	16:07	75	24:35	10.30	1:12:32	7:02	8	16:07	75	24:35	
Amelinghausen	13.80	1:43:15	7:28	9	22:03	75	39:03	24.10	2:55:47	7:17	9	38:10	75	1:03:32	
Schwindebeck	9.40	1:18:19	8:19	10	24:05	71	34:25	33.50	4:14:06	7:35	9	59:38	74	1:56:46	
Bispingen	8.90	1:21:35	9:09	7	28:16	66	39:33	42.40	5:35:41	7:55	9	1:54:26	74	3:18:21	
Overhaverbeck	10.80	1:35:17	8:49	6	28:39	55	41:37	53.20	7:10:58	8:06	7	1:50:03	63	2:56:36	
Undeloh	6.90	1:10:10	10:10	9	22:45	55	35:34	60.10	8:21:08	8:20	7	2:11:55	63	3:24:09	
Egestorf	9.20	1:29:46	9:45	5	28:16	37	40:10	69.30	9:50:54	8:31	7	2:40:11	52	3:58:45	
Salzhausen	10.70	1:42:50	9:36	5	29:38	46	45:23	80.00	11:33:44	8:40	6	3:09:49	52	4:41:29	
Südergellersen	10.90	1:48:55	9:59	7	26:20	46	44:44	90.90	13:22:39	8:49	6	3:36:09	52	5:26:13	
Sülzwiesen	9.10	1:34:45	10:24	8	40:50	50	48:30	100.00	14:57:24	8:58	6	4:16:59	52	6:14:43	