



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

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Telljohann Ralf

□□□: 15:09:19

□□: 134

□□: 6.60 km/h

□□□□: 09:05 min/km

□□: 100.00 km

□□□□□/□□□: 65 (of 102)

Ultra-Marathon

□□□□□/□: 53 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 7(of 11)

Senioren M55 (55-59 Jahre)

□□□□□□□: 10:40:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:15:37	7:20	9	19:12	80	27:40	10.30	1:15:37	7:20	9	19:12	80	27:40	
Amelinghausen	13.80	1:39:16	7:11	8	18:04	71	35:04	24.10	2:54:53	7:15	8	37:16	74	1:02:38	
Schwindebeck	9.40	1:13:15	7:47	8	19:01	65	29:21	33.50	4:08:08	7:24	8	53:40	71	1:50:48	
Bispingen	8.90	1:14:38	8:23	6	21:19	62	32:36	42.40	5:22:46	7:36	8	1:41:31	70	3:05:26	
Overhaverbeck	10.80	1:37:47	9:03	7	31:09	57	44:07	53.20	7:00:33	7:54	6	1:39:38	61	2:46:11	
Undeloh	6.90	1:07:36	9:47	8	20:11	51	33:00	60.10	8:08:09	8:07	6	1:58:56	61	3:11:10	
Egestorf	9.20	1:39:19	10:47	9	37:49	53	49:43	69.30	9:47:28	8:28	6	2:36:45	51	3:55:19	
Salzhausen	10.70	1:53:14	10:34	9	40:02	57	55:47	80.00	11:40:42	8:45	7	3:16:47	53	4:48:27	
Südergellersen	10.90	2:00:48	11:04	8	38:13	54	56:37	90.90	13:41:30	9:02	7	3:55:00	53	5:45:04	
Sülzwiesen	9.10	1:27:49	9:39	7	33:54	47	41:34	100.00	15:09:19	9:05	7	4:28:54	53	6:26:38	