



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

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Roß Patrick

□□: LG Mauerweg Berlin e.V.

□□: 158

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 15:09:20

□□: 6.60 km/h

□□□□: 09:05 min/km

□□□□□/□□□: 66 (of 102)

□□□□□/□: 54 (of 86)

□□□□□□: 8:42:41

□□□□□: 9(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
Südergellersen	10.30	1:11:23	6:55	16	16:02	70	23:26	10.30	1:11:23	6:55	16	16:02	70	23:26
Amelinghausen	13.80	1:50:36	8:00	18	36:19	82	46:24	24.10	3:01:59	7:33	18	51:19	79	1:09:44
Schwindebeck	9.40	1:19:23	8:26	15	22:37	74	35:29	33.50	4:21:22	7:48	18	1:12:35	78	2:04:02
Bispingen	8.90	1:22:57	9:19	15	29:51	69	40:55	42.40	5:44:19	8:07	18	1:35:42	78	3:26:59
Overhaverbeck	10.80	1:46:43	9:52	13	41:30	65	53:03	53.20	7:31:02	8:28	14	2:17:12	67	3:16:40
Undeloh	6.90	1:06:40	9:39	9	26:08	50	32:04	60.10	8:37:42	8:36	13	2:58:33	66	3:40:43
Egestorf	9.20	1:38:09	10:40	8	41:02	51	48:33	69.30	10:15:51	8:53	9	3:24:22	55	4:23:42
Salzhausen	10.70	1:42:25	9:34	8	33:36	45	44:58	80.00	11:58:16	8:58	9	3:57:58	55	5:06:01
Südergellersen	10.90	1:46:37	9:46	7	27:49	41	42:26	90.90	13:44:53	9:04	9	4:25:47	54	5:48:27
Sülzwiesen	9.10	1:24:27	9:16	8	32:16	40	38:12	100.00	15:09:20	9:05	9	4:58:03	54	6:26:39