



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

□□□□

Wachowius Kai

□□□: 15:28:30

□□: 155

□□: 6.46 km/h

□□□□: 09:17 min/km

□□: 100.00 km

□□□□□/□□□: 68 (of 102)

Ultra-Marathon

□□□□□/□: 56 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 10(of 20)

Senioren M50 (50-54 Jahre)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:04	6:07	5	7:43	42	15:07	10.30	1:03:04	6:07	5	7:43	42	15:07	
Amelinghausen	13.80	1:33:36	6:46	9	19:19	58	29:24	24.10	2:36:40	6:30	9	26:00	54	44:25	
Schwindebeck	9.40	1:19:35	8:27	16	22:49	75	35:41	33.50	3:56:15	7:03	12	47:28	63	1:38:55	
Bispingen	8.90	1:30:40	10:11	18	37:34	79	48:38	42.40	5:26:55	7:42	16	1:18:18	73	3:09:35	
Overhaverbeck	10.80	1:48:27	10:02	14	43:14	69	54:47	53.20	7:15:22	8:11	13	2:01:32	64	3:01:00	
Undeloh	6.90	1:14:53	10:51	10	34:21	59	40:17	60.10	8:30:15	8:29	12	2:51:06	65	3:33:16	
Egestorf	9.20	1:49:27	11:53	10	52:20	58	59:51	69.30	10:19:42	8:56	10	3:28:13	56	4:27:33	
Salzhausen	10.70	1:56:07	10:51	10	47:18	59	58:40	80.00	12:15:49	9:11	10	4:15:31	58	5:23:34	
Südergellersen	10.90	1:46:52	9:48	8	28:04	44	42:41	90.90	14:02:41	9:16	10	4:43:35	57	6:06:15	
Sülzwiesen	9.10	1:25:49	9:25	9	33:38	43	39:34	100.00	15:28:30	9:17	10	5:17:13	56	6:45:49	