



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

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Harmening Malte

□□□: 15:37:59

□□: 46

□□: 6.40 km/h

□□□□: 09:23 min/km

□□: 100.00 km

□□□□□/□□□: 69 (of 102)

Ultra-Marathon

□□□□□/□: 57 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 3(of 7)

Senioren M60 (60-64 Jahre)

□□□□□□□: 12:48:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:16:47	7:27	7	16:27	83	28:50	10.30	1:16:47	7:27	7	16:27	83	28:50	
Amelinghausen	13.80	1:50:53	8:02	7	28:58	83	46:41	24.10	3:07:40	7:47	7	45:25	83	1:15:25	
Schwindebeck	9.40	1:25:49	9:07	6	27:02	80	41:55	33.50	4:33:29	8:09	6	1:11:48	83	2:16:09	
Bispingen	8.90	1:26:50	9:45	6	29:22	73	44:48	42.40	6:00:19	8:29	6	1:37:04	83	3:42:59	
Overhaverbeck	10.80	1:42:39	9:30	4	31:28	62	48:59	53.20	7:42:58	8:42	6	2:03:48	70	3:28:36	
Undeloh	6.90	1:08:53	9:58	3	18:25	53	34:17	60.10	8:51:51	8:50	6	2:53:50	70	3:54:52	
Egestorf	9.20	1:34:15	10:14	2	13:49	43	44:39	69.30	10:26:06	9:02	3	2:04:48	59	4:33:57	
Salzhausen	10.70	1:48:42	10:09	3	18:29	54	51:15	80.00	12:14:48	9:11	3	2:23:03	57	5:22:33	
Südergellersen	10.90	1:46:48	9:47	3	9:16	43	42:37	90.90	14:01:36	9:15	3	2:32:19	56	6:05:10	
Sülzwiesen	9.10	1:36:23	10:35	3	34:24	51	50:08	100.00	15:37:59	9:22	3	2:49:53	57	6:55:18	