



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

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Tepper Tobias

□□□: 16:19:52

□□: 135

□□: 6.12 km/h

□□□□: 09:48 min/km

□□: 100.00 km

□□□□□/□□□: 70 (of 102)

Ultra-Marathon

□□□□□/□: 58 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 3(of 3)

Männer (20-29 Jahre)

□□□□□□□: 10:32:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:15:11	7:17	3	21:45	79	27:14	10.30	1:15:11	7:17	3	21:45	79	27:14	
Amelinghausen	13.80	1:44:03	7:32	3	25:00	78	39:51	24.10	2:59:14	7:26	3	46:45	78	1:06:59	
Schwindebeck	9.40	1:17:04	8:11	3	27:38	67	33:10	33.50	4:16:18	7:39	3	1:14:23	77	1:58:58	
Bispingen	8.90	1:22:03	9:13	3	34:04	68	40:01	42.40	5:38:21	7:58	3	1:48:27	77	3:21:01	
Overhaverbeck	10.80	1:49:09	10:06	3	50:56	71	55:29	53.20	7:27:30	8:24	3	2:39:23	66	3:13:08	
Undeloh	6.90	1:19:46	11:33	3	35:45	60	45:10	60.10	8:47:16	8:46	3	3:15:08	68	3:50:17	
Egestorf	9.20	1:38:46	10:44	3	32:44	52	49:10	69.30	10:26:02	9:02	3	3:47:52	58	4:33:53	
Salzhausen	10.70	1:53:16	10:35	3	30:05	58	55:49	80.00	12:19:18	9:14	3	4:17:57	59	5:27:03	
Südergellersen	10.90	2:05:59	11:33	3	41:08	57	1:01:48	90.90	14:25:17	9:31	3	4:59:05	58	6:28:51	
Sülzwiesen	9.10	1:54:35	12:35	3	48:29	58	1:08:20	100.00	16:19:52	9:47	3	5:47:34	58	7:37:11	