



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

□□□□

#### Hellmann Marco

□□: Triathlon-Duathlon Club de Herve

□□: 48

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M30 (30-34 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 8)

□□□□□□□: 9:42:42

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30    | 1:02:55  | 6:06         | 4       | 14:58   | 41      | 14:58   | 10.30  | 1:02:55   | 6:06      | 4             | 14:58   | 41      | 14:58   |         |
| Amelinghausen  | 13.80    | 1:36:11  | 6:58         | 6       | 31:53   | 63      | 31:59   | 24.10  | 2:39:06   | 6:36      | 6             | 46:51   | 56      | 46:51   |         |
| Schwindebeck   | 9.40     | 1:18:42  | 8:22         | 7       | 34:09   | 72      | 34:48   | 33.50  | 3:57:48   | 7:05      | 6             | 1:21:00 | 64      | 1:40:28 |         |
| Bispingen      | 8.90     | 1:18:21  | 8:48         | 7       | 34:23   | 65      | 36:19   | 42.40  | 5:16:09   | 7:27      | 7             | 1:55:23 | 69      | 2:58:49 |         |
| Overhaverbeck  | 10.80    | 1:42:39  | 9:30         | 6       | 44:07   | 62      | 48:59   | 53.20  | 6:58:48   | 7:52      | 6             | 2:39:30 | 60      | 2:44:26 |         |
| Undeloh        | 6.90     | 1:26:47  | 12:34        | 5       | 46:26   | 61      | 52:11   | 60.10  | 8:25:35   | 8:24      | 6             | 3:25:56 | 64      | 3:28:36 |         |
| Egestorf       | 9.20     | fehlt!   | -            | -       | -       | -       | -       | 69.30  | -         | -         | -             | -       | -       | -       |         |
| Salzhausen     | 10.70    | fehlt!   | -            | -       | -       | -       | -       | 80.00  | -         | -         | -             | -       | -       | -       |         |
| Südergellersen | 10.90    | fehlt!   | -            | -       | -       | -       | -       | 90.90  | -         | -         | -             | -       | -       | -       |         |
| Sülzwiesen     | 9.10     | fehlt!   | -            | -       | -       | -       | -       | 100.00 | -         | -         | -             | -       | -       | -       |         |