



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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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

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	-	-	-	-	-	-	