



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

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Ruske Alexander

□□: Nonviolent Mobility

□□: 101

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:15	5:39	5	7:16	28	10:18	10.30	58:15	5:39	5	7:16	28	10:18	
Amelinghausen	13.80	1:20:08	5:48	4	12:54	20	15:56	24.10	2:18:23	5:44	4	20:09	23	26:08	
Schwindebeck	9.40	54:49	5:49	4	8:00	17	10:55	33.50	3:13:12	5:46	5	45:37	22	55:52	
Bispingen	8.90	54:30	6:07	4	10:18	17	12:28	42.40	4:07:42	5:50	5	1:40:07	22	1:50:22	
Overhaverbeck	10.80	1:24:20	7:48	6	30:40	37	30:40	53.20	5:32:02	6:14	5	1:04:06	26	1:17:40	
Undeloh	6.90	-	-	9		63		60.10	5:32:02	5:31	3	29:29	7	35:03	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	