



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Burg Robert

□□: 15

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M45 (45-49 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:19:14	7:41	15	30:53	84	31:17	10.30	1:19:14	7:41	15	30:53	84	31:17	
Amelinghausen	13.80	1:49:51	7:57	15	44:37	81	45:39	24.10	3:09:05	7:50	15	1:15:30	84	1:16:50	
Schwindebeck	9.40	1:19:08	8:25	15	33:44	73	35:14	33.50	4:28:13	8:00	15	1:49:14	82	2:10:53	
Bispingen	8.90	1:27:34	9:50	13	42:22	74	45:32	42.40	5:55:47	8:23	15	2:31:36	81	3:38:27	
Overhaverbeck	10.80	2:00:38	11:10	14	1:00:20	73	1:06:58	53.20	7:56:25	8:57	14	3:31:56	73	3:42:03	
Undeloh	6.90	-	-	14		63		60.10	7:56:25	7:55	13	2:45:07	57	2:59:26	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	