



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

□□□□

#### Suhr Arne

□□: Stade Night Runners

□□: 131

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M50 (50-54 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 20)

□□□□□□□: 10:11:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:10	6:13	9	8:49	48	16:13	10.30	1:04:10	6:13	9	8:49	48	16:13	
Amelinghausen	13.80	1:37:52	7:05	14	23:35	68	33:40	24.10	2:42:02	6:43	10	31:22	58	49:47	
Schwindebeck	9.40	1:25:52	9:08	18	29:06	81	41:58	33.50	4:07:54	7:24	14	59:07	70	1:50:34	
Bispingen	8.90	1:30:19	10:08	17	37:13	78	48:17	42.40	5:38:13	7:58	17	1:29:36	76	3:20:53	
Overhaverbeck	10.80	1:59:23	11:03	15	54:10	72	1:05:43	53.20	7:37:36	8:36	15	2:23:46	69	3:23:14	
Undeloh	6.90	-	-	11	-	63	-	60.10	7:37:36	7:36	9	1:58:27	52	2:40:37	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	