



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

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| □□□ | □□ 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 | - | - | - | - | - | - | |