



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

□□□□

Ludolph Andreas

□□: HNT Hamburg

□□: 76

□□: 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	55:21	5:22	1	-	12	7:24	10.30	55:21	5:22	1	-	12	7:24	
Amelinghausen	13.80	1:17:16	5:35	2	2:59	12	13:04	24.10	2:12:37	5:30	2	1:57	12	20:22	
Schwindebeck	9.40	1:00:22	6:25	5	3:36	38	16:28	33.50	3:12:59	5:45	2	4:12	21	55:39	
Bispingen	8.90	1:06:48	7:30	8	13:42	49	24:46	42.40	4:19:47	6:07	3	11:10	33	2:02:27	
Overhaverbeck	10.80	1:19:22	7:20	5	14:09	30	25:42	53.20	5:39:09	6:22	3	25:19	29	1:24:47	
Undeloh	6.90	-	-	11	-	63	-	60.10	5:39:09	5:38	1	-	10	42:10	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	