



# 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Dillmann Daniel

□□: werunwiesbaden

□□: 25

□□: 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	1:08:28	6:38	12	13:07	59	20:31	10.30	1:08:28	6:38	12	13:07	59	20:31	
Amelinghausen	13.80	1:36:40	7:00	13	22:23	65	32:28	24.10	2:45:08	6:51	14	34:28	65	52:53	
Schwindebeck	9.40	1:07:21	7:09	10	10:35	50	23:27	33.50	3:52:29	6:56	10	43:42	59	1:35:09	
Bispingen	8.90	1:09:49	7:50	12	16:43	55	27:47	42.40	5:02:18	7:07	11	53:41	59	2:44:58	
Overhaverbeck	10.80	1:42:21	9:28	12	37:08	61	48:41	53.20	6:44:39	7:36	9	1:30:49	54	2:30:17	
Undeloh	6.90	-	-	11		63		60.10	6:44:39	6:43	4	1:05:30	37	1:47:40	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	