



# 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Holste Michael

□□: 51

□□: 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	1:07:31	6:33	11	12:10	58	19:34	10.30	1:07:31	6:33	11	12:10	58	19:34	
Amelinghausen	13.80	1:35:59	6:57	12	21:42	62	31:47	24.10	2:43:30	6:47	12	32:50	61	51:15	
Schwindebeck	9.40	1:14:21	7:54	12	17:35	66	30:27	33.50	3:57:51	7:05	13	49:04	65	1:40:31	
Bispingen	8.90	1:17:39	8:43	14	24:33	64	35:37	42.40	5:15:30	7:26	13	1:06:53	68	2:58:10	
Overhaverbeck	10.80	1:37:26	9:01	11	32:13	56	43:46	53.20	6:52:56	7:45	10	1:39:06	56	2:38:34	
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	