



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

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Team VfL

□□: VfL Lüneburg

□□: 347

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 9:24:25

□□: 10.63 km/h

□□□□: 05:38 min/km

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Südergellersen	10.30	57:27	5:34	18	19:18	18	19:18	10.30	57:27	5:34	18	19:18	18	19:18
Amelinghausen	13.80	1:07:03	4:51	9	15:59	9	15:59	24.10	2:04:30	5:09	13	59:10	13	59:10
Schwindebeck	9.40	57:35	6:07	21	20:55	21	20:55	33.50	3:02:05	5:26	14	56:12	14	56:12
Bispingen	8.90	54:34	6:07	16	15:06	16	15:06	42.40	3:56:39	5:34	14	1:06:30	14	1:06:30
Overhaverbeck	10.80	1:00:17	5:34	13	13:26	13	13:26	53.20	4:56:56	5:34	14	1:19:56	14	1:19:56
Undeloh	6.90	29:41	4:18	1	-	1	-	60.10	5:26:37	5:26	9	1:19:41	9	1:19:41
Egestorf	9.20	50:08	5:26	4	10:09	4	10:09	69.30	6:16:45	5:26	8	1:29:50	8	1:29:50
Salzhausen	10.70	1:02:09	5:48	12	22:28	12	22:28	80.00	7:18:54	5:29	8	1:52:18	8	1:52:18
Südergellersen	10.90	1:13:22	6:43	21	24:28	21	24:28	90.90	8:32:16	5:38	11	2:11:30	11	2:11:30
Sülzwiesen	9.10	52:09	5:43	15	12:11	15	12:11	100.00	9:24:25	5:38	10	2:18:28	10	2:18:28