



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Arndt Alexander

□□: Marathon Maniacs/TEA

□□: 2

□□: 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	1:13:54	7:10	19	18:33	78	25:57	10.30	1:13:54	7:10	19	18:33	78	25:57	
Amelinghausen	13.80	1:56:36	8:26	19	42:19	85	52:24	24.10	3:10:30	7:54	19	59:50	85	1:18:15	
Schwindebeck	9.40	1:36:05	10:13	20	39:19	83	52:11	33.50	4:46:35	8:33	19	1:37:48	84	2:29:15	
Bispingen	8.90	1:43:45	11:39	19	50:39	80	1:01:43	42.40	6:30:20	9:12	19	2:21:43	85	4:13:00	
Overhaverbeck	10.80	fehlt!	-	-	-	-	-	53.20	-	-	-	-	-	-	
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	-	-	-	-	-	-	