



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

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Wilcke Harald

□□: Lauffreife SV Eintracht Gransee

□□: 145

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 7)

□□□□□□□: 12:48:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:11:34	6:56	5	11:14	71	23:37	10.30	1:11:34	6:56	5	11:14	71	23:37	
Amelinghausen	13.80	1:37:51	7:05	5	15:56	67	33:39	24.10	2:49:25	7:01	5	27:10	69	57:10	
Schwindebeck	9.40	2:04:25	13:14	7	1:05:38	84	1:20:31	33.50	4:53:50	8:46	7	1:32:09	85	2:36:30	
Bispingen	8.90	1:27:54	9:52	7	30:26	75	45:52	42.40	6:21:44	9:00	7	1:58:29	84	4:04:24	
Overhaverbeck	10.80	1:46:44	9:52	6	35:33	66	53:04	53.20	8:08:28	9:10	7	2:29:18	74	3:54:06	
Undeloh	6.90	1:12:00	10:26	5	21:32	57	37:24	60.10	9:20:28	9:19	7	3:22:27	71	4:23:29	
Egestorf	9.20	1:43:44	11:16	4	23:18	56	54:08	69.30	11:04:12	9:35	4	2:42:54	60	5:12:03	
Salzhausen	10.70	1:48:52	10:10	4	18:39	55	51:25	80.00	12:53:04	9:39	4	3:01:19	60	6:00:49	
Südergellersen	10.90	1:44:22	9:34	2	6:50	39	40:11	90.90	14:37:26	9:39	4	3:08:09	59	6:41:00	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	