



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

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Brunsborg LG

□□: LG Brunsberg

□□: 319

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 9:28:14

□□: 10.56 km/h

□□□□: 05:41 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	52:07	5:03	8	13:58	8	13:58	10.30	52:07	5:03	8	13:58	8	13:58
Amelinghausen	13.80	1:21:14	5:53	23	30:10	23	30:10	24.10	2:13:21	5:31	19	1:08:01	19	1:08:01
Schwindebeck	9.40	50:32	5:22	10	13:52	10	13:52	33.50	3:03:53	5:29	15	58:00	15	58:00
Bispingen	8.90	49:27	5:33	10	9:59	10	9:59	42.40	3:53:20	5:30	12	1:03:11	12	1:03:11
Overhaverbeck	10.80	58:40	5:25	9	11:49	9	11:49	53.20	4:52:00	5:29	11	1:15:00	11	1:15:00
Undeloh	6.90	39:38	5:44	11	9:57	11	9:57	60.10	5:31:38	5:31	12	1:24:42	12	1:24:42
Egestorf	9.20	51:33	5:36	5	11:34	5	11:34	69.30	6:23:11	5:31	10	1:36:16	10	1:36:16
Salzhausen	10.70	1:04:10	5:59	16	24:29	16	24:29	80.00	7:27:21	5:35	10	2:00:45	10	2:00:45
Südergellersen	10.90	1:01:54	5:40	9	13:00	9	13:00	90.90	8:29:15	5:36	9	2:08:29	9	2:08:29
Sülzwiesen	9.10	58:59	6:28	25	19:01	25	19:01	100.00	9:28:14	5:40	11	2:22:17	11	2:22:17