



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

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#### Geßwein Bodo

□□: TV Brauerschwend

□□: 39

□□: 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	1:04:29	6:15	4	4:09	52	16:32	10.30	1:04:29	6:15	4	4:09	52	16:32	
Amelinghausen	13.80	1:26:14	6:14	3	4:19	39	22:02	24.10	2:30:43	6:15	4	8:28	45	38:28	
Schwindebeck	9.40	59:48	6:21	3	1:01	37	15:54	33.50	3:30:31	6:17	3	8:50	40	1:13:11	
Bispingen	8.90	57:28	6:27	1	-	26	15:26	42.40	4:27:59	6:19	3	4:44	44	2:10:39	
Overhaverbeck	10.80	1:11:11	6:35	1	-	19	17:31	53.20	5:39:10	6:22	1	-	30	1:24:48	
Undeloh	6.90	50:28	7:18	1	-	21	15:52	60.10	6:29:38	6:28	2	31:37	31	1:32:39	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	