



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

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Leupher:innen

□□□: 9:30:16

□□: 318

□□: 10.52 km/h

□□□□: 05:42 min/km

□□: 100.00 km

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5-10er-Staffel

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□□□□□□: 7:05:57

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5-10er Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	55:57	5:25	13	17:48	13	17:48	10.30	55:57	5:25	13	17:48	13	17:48
Amelinghausen	13.80	1:06:25	4:48	6	15:21	6	15:21	24.10	2:02:22	5:04	10	57:02	10	57:02
Schwindebeck	9.40	49:59	5:19	8	13:19	8	13:19	33.50	2:52:21	5:08	9	46:28	9	46:28
Bispingen	8.90	52:16	5:52	12	12:48	12	12:48	42.40	3:44:37	5:17	9	54:28	9	54:28
Overhaverbeck	10.80	1:03:11	5:51	17	16:20	17	16:20	53.20	4:47:48	5:24	9	1:10:48	9	1:10:48
Undeloh	6.90	41:30	6:00	13	11:49	13	11:49	60.10	5:29:18	5:28	10	1:22:22	10	1:22:22
Egestorf	9.20	57:46	6:16	16	17:47	16	17:47	69.30	6:27:04	5:35	11	1:40:09	11	1:40:09
Salzhausen	10.70	1:01:41	5:45	11	22:00	11	22:00	80.00	7:28:45	5:36	11	2:02:09	11	2:02:09
Südergellersen	10.90	1:14:41	6:51	22	25:47	22	25:47	90.90	8:43:26	5:45	12	2:22:40	12	2:22:40
Sülzwiesen	9.10	46:50	5:08	5	6:52	5	6:52	100.00	9:30:16	5:42	12	2:24:19	12	2:24:19