



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

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Namibia Hitradio

□□: Hitradio Namibia

□□: 312

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 9:35:03

□□: 10.43 km/h

□□□□: 05:45 min/km

□□□□□/□□□: 13 (of 32)

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	57:49	5:36	19	19:40	19	19:40	10.30	57:49	5:36	19	19:40	19	19:40
Amelinghausen	13.80	1:15:08	5:26	18	24:04	18	24:04	24.10	2:12:57	5:30	18	1:07:37	18	1:07:37
Schwindebeck	9.40	53:02	5:38	12	16:22	12	16:22	33.50	3:05:59	5:33	16	1:00:06	16	1:00:06
Bispingen	8.90	49:19	5:32	9	9:51	9	9:51	42.40	3:55:18	5:32	13	1:05:09	13	1:05:09
Overhaverbeck	10.80	59:18	5:29	10	12:27	10	12:27	53.20	4:54:36	5:32	13	1:17:36	13	1:17:36
Undeloh	6.90	38:44	5:36	9	9:03	9	9:03	60.10	5:33:20	5:32	13	1:26:24	13	1:26:24
Egestorf	9.20	56:56	6:11	15	16:57	15	16:57	69.30	6:30:16	5:37	12	1:43:21	12	1:43:21
Salzhausen	10.70	1:15:23	7:02	27	35:42	27	35:42	80.00	7:45:39	5:49	13	2:19:03	13	2:19:03
Südergellersen	10.90	59:51	5:29	8	10:57	8	10:57	90.90	8:45:30	5:46	13	2:24:44	13	2:24:44
Sülzwiesen	9.10	49:33	5:26	10	9:35	10	9:35	100.00	9:35:03	5:45	13	2:29:06	13	2:29:06