



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

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TiMa

□□: 220

□□: 100.00 km

2-er-Staffel

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2er Staffel

□□□: 9:40:53

□□: 10.33 km/h

□□□□: 05:49 min/km

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Südergellersen	10.30	1:00:47	5:54	5	10:24	5	10:24	10.30	1:00:47	5:54	5	10:24	5	10:24
Amelinghausen	13.80	1:24:04	6:05	5	17:11	5	17:11	24.10	2:24:51	6:00	5	27:35	5	27:35
Schwindebeck	9.40	1:04:16	6:50	5	17:24	5	17:24	33.50	3:29:07	6:14	5	44:59	5	44:59
Bispingen	8.90	1:02:57	7:04	3	16:58	3	16:58	42.40	4:32:04	6:25	5	1:01:57	5	1:01:57
Overhaverbeck	10.80	1:15:46	7:00	3	13:15	3	13:15	53.20	5:47:50	6:32	3	1:08:10	3	1:08:10
Undeloh	6.90	30:07	4:21	1	-	1	-	60.10	6:17:57	6:17	3	1:03:17	3	1:03:17
Egestorf	9.20	43:16	4:42	1	-	1	-	69.30	7:01:13	6:04	3	56:36	3	56:36
Salzhausen	10.70	51:15	4:47	1	-	1	-	80.00	7:52:28	5:54	3	45:46	3	45:46
Südergellersen	10.90	59:29	5:27	1	-	1	-	90.90	8:51:57	5:51	3	29:44	3	29:44
Sülzwiesen	9.10	48:56	5:22	1	-	1	-	100.00	9:40:53	5:48	2	22:18	2	22:18