



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

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#### Torben & Karsten

□□: ALG-VfL Bokel

□□: 221

□□: 100.00 km

2-er-Staffel

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2er Staffel

□□□: 9:42:57

□□: 10.29 km/h

□□□□: 05:50 min/km

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□□□□□□: 9:18:35

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Südergellersen	10.30	50:23	4:53	1	-	1	-	10.30	50:23	4:53	1	-	1	-
Amelinghausen	13.80	1:06:53	4:50	1	-	1	-	24.10	1:57:16	4:51	1	-	1	-
Schwindebeck	9.40	46:52	4:59	1	-	1	-	33.50	2:44:08	4:53	1	-	1	-
Bispingen	8.90	45:59	5:10	1	-	1	-	42.40	3:30:07	4:57	1	-	1	-
Overhaverbeck	10.80	1:09:33	6:26	2	7:02	2	7:02	53.20	4:39:40	5:15	1	-	1	-
Undeloh	6.90	35:00	5:04	2	4:53	2	4:53	60.10	5:14:40	5:14	1	-	1	-
Egestorf	9.20	49:57	5:25	2	6:41	2	6:41	69.30	6:04:37	5:15	1	-	1	-
Salzhausen	10.70	1:02:05	5:48	3	10:50	3	10:50	80.00	7:06:42	5:20	1	-	1	-
Südergellersen	10.90	1:31:31	8:23	4	32:02	4	32:02	90.90	8:38:13	5:42	2	16:00	2	16:00
Sülzwiesen	9.10	1:04:44	7:06	5	15:48	5	15:48	100.00	9:42:57	5:49	3	24:22	3	24:22