



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

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Special sport.TRI.lich

□□: SPRTS

□□: 333

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 9:44:43

□□: 10.26 km/h

□□□□: 05:50 min/km

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	56:30	5:29	15	18:21	15	18:21	10.30	56:30	5:29	15	18:21	15	18:21
Amelinghausen	13.80	1:14:42	5:24	17	23:38	17	23:38	24.10	2:11:12	5:26	17	1:05:52	17	1:05:52
Schwindebeck	9.40	56:31	6:00	19	19:51	19	19:51	33.50	3:07:43	5:36	17	1:01:50	17	1:01:50
Bispingen	8.90	59:00	6:37	21	19:32	21	19:32	42.40	4:06:43	5:49	16	1:16:34	16	1:16:34
Overhaverbeck	10.80	59:57	5:33	11	13:06	11	13:06	53.20	5:06:40	5:45	15	1:29:40	15	1:29:40
Undeloh	6.90	44:13	6:24	18	14:32	18	14:32	60.10	5:50:53	5:50	16	1:43:57	16	1:43:57
Egestorf	9.20	55:35	6:02	11	15:36	11	15:36	69.30	6:46:28	5:51	15	1:59:33	15	1:59:33
Salzhausen	10.70	1:01:18	5:43	10	21:37	10	21:37	80.00	7:47:46	5:50	14	2:21:10	14	2:21:10
Südergellersen	10.90	59:32	5:27	7	10:38	7	10:38	90.90	8:47:18	5:48	14	2:26:32	14	2:26:32
Sülzwiesen	9.10	57:25	6:18	21	17:27	21	17:27	100.00	9:44:43	5:50	14	2:38:46	14	2:38:46