



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

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Welzel Dominik

□□: Lauffreff Niederstetten

□□: 142

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 9:50:55

□□: 10.15 km/h

□□□□: 05:55 min/km

□□□□□/□□□□: 5 (of 102)

□□□□□/□: 5 (of 86)

□□□□□□: 8:42:41

□□□□□: 2(of 8)

□□□□□□□: 9:42:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	47:57	4:39	1	-	1	-	10.30	47:57	4:39	1	-	1	-	
Amelinghausen	13.80	1:04:18	4:39	1	-	2	0:06	24.10	1:52:15	4:39	1	-	1	-	
Schwindebeck	9.40	44:33	4:44	1	-	2	0:39	33.50	2:36:48	4:40	1	-	3	19:28	
Bispingen	8.90	43:58	4:56	1	-	2	1:56	42.40	3:20:46	4:44	1	-	4	1:03:26	
Overhaverbeck	10.80	58:32	5:25	1	-	5	4:52	53.20	4:19:18	4:52	1	-	2	4:56	
Undeloh	6.90	40:21	5:50	1	-	4	5:45	60.10	4:59:39	4:59	1	-	2	2:40	
Egestorf	9.20	1:02:32	6:47	2	5:10	8	12:56	69.30	6:02:11	5:13	1	-	4	10:02	
Salzhausen	10.70	1:14:04	6:55	2	8:45	10	16:37	80.00	7:16:15	5:27	1	-	4	24:00	
Südergellersen	10.90	1:31:22	8:22	2	24:46	19	27:11	90.90	8:47:37	5:48	1	-	3	51:11	
Sülzwiesen	9.10	1:03:18	6:57	2	11:23	15	17:03	100.00	9:50:55	5:54	2	8:13	5	1:08:14	