



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

□□□□

Watzke Martin

□□: 141

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M40 (40-44 Jahre)

□□□: 9:50:55

□□: 10.15 km/h  
□□□□: 05:55 min/km

□□□□□/□□□□: 6 (of 102)

□□□□□/□: 6 (of 86)

□□□□□□: 8:42:41

□□□□□: 3(of 11)

□□□□□□□: 8:42:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	53:48	5:13	3	2:49	11	5:51	10.30	53:48	5:13	3	2:49	11	5:51	
Amelinghausen	13.80	1:14:44	5:24	3	7:30	9	10:32	24.10	2:08:32	5:19	3	10:18	7	16:17	
Schwindebeck	9.40	51:07	5:26	2	4:18	6	7:13	33.50	2:59:39	5:21	4	32:04	9	42:19	
Bispingen	8.90	50:23	5:39	3	6:11	8	8:21	42.40	3:50:02	5:25	4	1:22:27	12	1:32:42	
Overhaverbeck	10.80	1:03:36	5:53	3	9:56	8	9:56	53.20	4:53:38	5:31	3	25:42	8	39:16	
Undeloh	6.90	39:23	5:42	3	4:47	3	4:47	60.10	5:33:01	5:32	4	30:28	9	36:02	
Egestorf	9.20	56:21	6:07	3	6:45	3	6:45	69.30	6:29:22	5:37	3	37:13	6	37:13	
Salzhausen	10.70	1:06:14	6:11	3	8:47	4	8:47	80.00	7:35:36	5:41	3	43:21	6	43:21	
Südergellersen	10.90	1:17:36	7:07	3	13:25	5	13:25	90.90	8:53:12	5:51	3	56:46	7	56:46	
Sülzwiesen	9.10	57:43	6:20	3	11:28	8	11:28	100.00	9:50:55	5:54	3	1:08:14	5	1:08:14	