



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

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Schützka Georg

□□: LG TuS Weinböhla

□□: 121

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 9:56:21

□□: 10.06 km/h

□□□□: 05:58 min/km

□□□□□/□□□: 7 (of 102)

□□□□□/□: 7 (of 86)

□□□□□□: 8:42:41

□□□□□: 1(of 10)

□□□□□□□: 9:56:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	48:14	4:40	2	0:11	3	0:17	10.30	48:14	4:40	2	0:11	3	0:17
Amelinghausen	13.80	1:04:40	4:41	2	0:28	3	0:28	24.10	1:52:54	4:41	2	0:39	3	0:39
Schwindebeck	9.40	43:54	4:40	1	-	1	-	33.50	2:36:48	4:40	2	19:28	3	19:28
Bispingen	8.90	42:02	4:43	1	-	1	-	42.40	3:18:50	4:41	2	1:01:30	3	1:01:30
Overhaverbeck	10.80	55:32	5:08	1	-	3	1:52	53.20	4:14:22	4:46	1	-	1	-
Undeloh	6.90	42:37	6:10	1	-	7	8:01	60.10	4:56:59	4:56	1	-	1	-
Egestorf	9.20	59:51	6:30	1	-	6	10:15	69.30	5:56:50	5:08	1	-	3	4:41
Salzhausen	10.70	1:18:52	7:22	2	6:09	15	21:25	80.00	7:15:42	5:26	1	-	3	23:27
Südergellersen	10.90	1:32:26	8:28	3	19:19	24	28:15	90.90	8:48:08	5:48	1	-	4	51:42
Sülzwiesen	9.10	1:08:13	7:29	4	10:57	26	21:58	100.00	9:56:21	5:57	1	-	7	1:13:40