



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

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Hohnstorf Lauffreff TuS

□□: Lauffreff TuS Hohnstorf
□□: 317

□□: 100.00 km
5-10er-Staffel

□□□□:
5-10er Staffel

□□□: 10:11:15

□□: 9.82 km/h
□□□□: 06:07 min/km

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:16	5:45	21	21:07	21	21:07	10.30	59:16	5:45	21	21:07	21	21:07
Amelinghausen	13.80	1:11:06	5:09	13	20:02	13	20:02	24.10	2:10:22	5:24	16	1:05:02	16	1:05:02
Schwindebeck	9.40	57:44	6:08	22	21:04	22	21:04	33.50	3:08:06	5:36	18	1:02:13	18	1:02:13
Bispingen	8.90	1:02:50	7:03	25	23:22	25	23:22	42.40	4:10:56	5:55	19	1:20:47	19	1:20:47
Overhaverbeck	10.80	59:58	5:33	12	13:07	12	13:07	53.20	5:10:54	5:50	16	1:33:54	16	1:33:54
Undeloh	6.90	54:04	7:50	29	24:23	29	24:23	60.10	6:04:58	6:04	20	1:58:02	20	1:58:02
Egestorf	9.20	59:20	6:26	19	19:21	19	19:21	69.30	7:04:18	6:07	19	2:17:23	19	2:17:23
Salzhausen	10.70	1:07:21	6:17	20	27:40	20	27:40	80.00	8:11:39	6:08	21	2:45:03	21	2:45:03
Südergellersen	10.90	1:07:59	6:14	16	19:05	16	19:05	90.90	9:19:38	6:09	19	2:58:52	19	2:58:52
Sülzwiesen	9.10	51:37	5:40	12	11:39	12	11:39	100.00	10:11:15	6:06	17	3:05:18	17	3:05:18