



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

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**Herzig Ralf**

□□: LG TuS Weinböhla  
□□: 49

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M50 (50-54 Jahre)

□□□: 10:11:17

□□: 9.82 km/h  
□□□□: 06:07 min/km

□□□□□/□□□□: 9 (of 102)

□□□□□/□: 8 (of 86)

□□□□□□: 8:42:41

□□□□□: 1(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:22	5:39	3	3:01	29	10:25	10.30	58:22	5:39	3	3:01	29	10:25	
Amelinghausen	13.80	1:20:23	5:49	3	6:06	21	16:11	24.10	2:18:45	5:45	3	8:05	25	26:30	
Schwindebeck	9.40	56:46	6:02	1	-	22	12:52	33.50	3:15:31	5:50	3	6:44	25	58:11	
Bispingen	8.90	53:06	5:57	1	-	11	11:04	42.40	4:08:37	5:51	1	-	23	1:51:17	
Overhaverbeck	10.80	1:05:13	6:02	1	-	10	11:33	53.20	5:13:50	5:53	1	-	13	59:28	
Undeloh	6.90	40:32	5:52	1	-	6	5:56	60.10	5:54:22	5:53	2	15:13	14	57:23	
Egestorf	9.20	57:07	6:12	1	-	4	7:31	69.30	6:51:29	5:56	1	-	9	59:20	
Salzhausen	10.70	1:08:49	6:25	1	-	5	11:22	80.00	8:00:18	6:00	1	-	8	1:08:03	
Südergellersen	10.90	1:18:48	7:13	1	-	6	14:37	90.90	9:19:06	6:09	1	-	8	1:22:40	
Sülzwiesen	9.10	52:11	5:44	1	-	5	5:56	100.00	10:11:17	6:06	1	-	8	1:28:36	