



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

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#### Geesthacht Lauftreff

□□: Lauftreff Geesthacht  
□□: 315

□□: 100.00 km  
5-10er-Staffel

□□□□:  
5-10er Staffel

□□□: 10:12:07

□□: 9.80 km/h  
□□□□: 06:07 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	1:12:48	7:04	30	34:39	30	34:39	10.30	1:12:48	7:04	30	34:39	30	34:39
Amelinghausen	13.80	1:21:20	5:53	24	30:16	24	30:16	24.10	2:34:08	6:23	29	1:28:48	29	1:28:48
Schwindebeck	9.40	56:34	6:01	20	19:54	20	19:54	33.50	3:30:42	6:17	27	1:24:49	27	1:24:49
Bispingen	8.90	58:47	6:36	20	19:19	20	19:19	42.40	4:29:29	6:21	25	1:39:20	25	1:39:20
Overhaverbeck	10.80	1:03:44	5:54	18	16:53	18	16:53	53.20	5:33:13	6:15	24	1:56:13	24	1:56:13
Undeloh	6.90	46:50	6:47	21	17:09	21	17:09	60.10	6:20:03	6:19	24	2:13:07	24	2:13:07
Egestorf	9.20	1:02:46	6:49	24	22:47	24	22:47	69.30	7:22:49	6:23	24	2:35:54	24	2:35:54
Salzhausen	10.70	1:04:35	6:02	17	24:54	17	24:54	80.00	8:27:24	6:20	22	3:00:48	22	3:00:48
Südergellersen	10.90	57:15	5:15	5	8:21	5	8:21	90.90	9:24:39	6:12	20	3:03:53	20	3:03:53
Sülzwiesen	9.10	47:28	5:12	7	7:30	7	7:30	100.00	10:12:07	6:07	18	3:06:10	18	3:06:10