



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

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Heidekreis Landkreis

□□: Landkreis Heidekreis

□□: 314

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 10:24:07

□□: 9.61 km/h

□□□□: 06:14 min/km

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Südergellersen	10.30	51:57	5:02	7	13:48	7	13:48	10.30	51:57	5:02	7	13:48	7	13:48
Amelinghausen	13.80	1:13:56	5:21	15	22:52	15	22:52	24.10	2:05:53	5:13	14	1:00:33	14	1:00:33
Schwindebeck	9.40	46:33	4:57	4	9:53	4	9:53	33.50	2:52:26	5:08	10	46:33	10	46:33
Bispingen	8.90	54:09	6:05	14	14:41	14	14:41	42.40	3:46:35	5:20	11	56:26	11	56:26
Overhaverbeck	10.80	1:04:01	5:55	19	17:10	19	17:10	53.20	4:50:36	5:27	10	1:13:36	10	1:13:36
Undeloh	6.90	33:31	4:51	6	3:50	6	3:50	60.10	5:24:07	5:23	8	1:17:11	8	1:17:11
Egestorf	9.20	1:09:28	7:33	29	29:29	29	29:29	69.30	6:33:35	5:40	13	1:46:40	13	1:46:40
Salzhausen	10.70	1:15:41	7:04	29	36:00	29	36:00	80.00	7:49:16	5:51	15	2:22:40	15	2:22:40
Südergellersen	10.90	1:20:53	7:25	27	31:59	27	31:59	90.90	9:10:09	6:03	17	2:49:23	17	2:49:23
Sülzwiesen	9.10	1:13:58	8:07	30	34:00	30	34:00	100.00	10:24:07	6:14	20	3:18:10	20	3:18:10