



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

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#### Moorteufel Dahlenburger

□□: Dahlenburger SK

□□: 305

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 10:28:31

□□: 9.55 km/h

□□□□: 06:17 min/km

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□□□□□□: 7:05:57

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30    | 57:13    | 5:33         | 17      | 19:04   | 17        | 19:04     | 10.30  | 57:13    | 5:33 | 17      | 19:04   | 17        | 19:04     |
| Amelinghausen  | 13.80    | 1:26:51  | 6:17         | 26      | 35:47   | 26        | 35:47     | 24.10  | 2:24:04  | 5:58 | 22      | 1:18:44 | 22        | 1:18:44   |
| Schwindebeck   | 9.40     | 1:06:33  | 7:04         | 29      | 29:53   | 29        | 29:53     | 33.50  | 3:30:37  | 6:17 | 26      | 1:24:44 | 26        | 1:24:44   |
| Bispingen      | 8.90     | 1:00:22  | 6:46         | 22      | 20:54   | 22        | 20:54     | 42.40  | 4:30:59  | 6:23 | 26      | 1:40:50 | 26        | 1:40:50   |
| Overhaverbeck  | 10.80    | 1:04:13  | 5:56         | 20      | 17:22   | 20        | 17:22     | 53.20  | 5:35:12  | 6:18 | 26      | 1:58:12 | 26        | 1:58:12   |
| Undeloh        | 6.90     | 46:50    | 6:47         | 21      | 17:09   | 21        | 17:09     | 60.10  | 6:22:02  | 6:21 | 25      | 2:15:06 | 25        | 2:15:06   |
| Egestorf       | 9.20     | 1:04:20  | 6:59         | 26      | 24:21   | 26        | 24:21     | 69.30  | 7:26:22  | 6:26 | 25      | 2:39:27 | 25        | 2:39:27   |
| Salzhausen     | 10.70    | 1:07:18  | 6:17         | 19      | 27:37   | 19        | 27:37     | 80.00  | 8:33:40  | 6:25 | 25      | 3:07:04 | 25        | 3:07:04   |
| Südergellersen | 10.90    | 1:02:25  | 5:43         | 10      | 13:31   | 10        | 13:31     | 90.90  | 9:36:05  | 6:20 | 22      | 3:15:19 | 22        | 3:15:19   |
| Sülzwiesen     | 9.10     | 52:26    | 5:45         | 16      | 12:28   | 16        | 12:28     | 100.00 | 10:28:31 | 6:17 | 21      | 3:22:34 | 21        | 3:22:34   |