



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

□□□□□/□□□: 21 (of 32)

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□□□□□□: 7:05:57

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| 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 |