



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

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**Martin Schneider**

□□: Best Athletics

□□: 114

□□: 100.00 km

Ultra-Marathon

□□□□:

Männer (20-29 Jahre)

□□□: 10:32:18

□□: 9.49 km/h

□□□□: 06:19 min/km

□□□□□/□□□: 10 (of 102)

□□□□□/□: 9 (of 86)

□□□□□□: 8:42:41

□□□□□: 1(of 3)

□□□□□□□: 10:32:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	53:26	5:11	1	-	8	5:29	10.30	53:26	5:11	1	-	8	5:29	
Amelinghausen	13.80	1:19:03	5:43	1	-	18	14:51	24.10	2:12:29	5:29	1	-	11	20:14	
Schwindebeck	9.40	49:26	5:15	1	-	5	5:32	33.50	3:01:55	5:25	1	-	10	44:35	
Bispingen	8.90	47:59	5:23	1	-	5	5:57	42.40	3:49:54	5:25	1	-	11	1:32:34	
Overhaverbeck	10.80	58:13	5:23	1	-	4	4:33	53.20	4:48:07	5:24	1	-	7	33:45	
Undeloh	6.90	44:01	6:22	1	-	10	9:25	60.10	5:32:08	5:31	1	-	8	35:09	
Egestorf	9.20	1:06:02	7:10	1	-	13	16:26	69.30	6:38:10	5:44	1	-	7	46:01	
Salzhausen	10.70	1:23:11	7:46	1	-	20	25:44	80.00	8:01:21	6:01	1	-	9	1:09:06	
Südergellersen	10.90	1:24:51	7:47	1	-	15	20:40	90.90	9:26:12	6:13	1	-	9	1:29:46	
Sülzwiesen	9.10	1:06:06	7:15	1	-	21	19:51	100.00	10:32:18	6:19	1	-	9	1:49:37	