



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

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Flömer André

□□: Team Erdinger alkoholfrei
□□: 157

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M55 (55-59 Jahre)

□□□: 10:40:25

□□: 9.37 km/h
□□□□: 06:24 min/km

□□□□□/□□□: 11 (of 102)

□□□□□/□: 10 (of 86)

□□□□□□: 8:42:41

□□□□□: 1(of 11)

□□□□□□□: 10:40:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:02	6:18	6	8:37	54	17:05	10.30	1:05:02	6:18	6	8:37	54	17:05	
Amelinghausen	13.80	1:22:23	5:58	3	1:11	33	18:11	24.10	2:27:25	6:07	4	9:48	37	35:10	
Schwindebeck	9.40	54:14	5:46	1	-	16	10:20	33.50	3:21:39	6:01	3	7:11	34	1:04:19	
Bispingen	8.90	53:31	6:00	2	0:12	14	11:29	42.40	4:15:10	6:01	4	33:55	30	1:57:50	
Overhaverbeck	10.80	1:06:38	6:10	1	-	13	12:58	53.20	5:21:48	6:02	2	0:53	17	1:07:26	
Undeloh	6.90	47:25	6:52	1	-	14	12:49	60.10	6:09:13	6:08	1	-	17	1:12:14	
Egestorf	9.20	1:01:30	6:41	1	-	7	11:54	69.30	7:10:43	6:12	1	-	12	1:18:34	
Salzhausen	10.70	1:13:12	6:50	1	-	8	15:45	80.00	8:23:55	6:17	1	-	11	1:31:40	
Südergellersen	10.90	1:22:35	7:34	1	-	11	18:24	90.90	9:46:30	6:27	1	-	12	1:50:04	
Sülzwiesen	9.10	53:55	5:55	1	-	6	7:40	100.00	10:40:25	6:24	1	-	10	1:57:44	