



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

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Schurbert Ingo

□□□: 10:43:36

□□: 118

□□: 9.32 km/h

□□□□: 06:26 min/km

□□: 100.00 km

□□□□□/□□□: 13 (of 102)

Ultra-Marathon

□□□□□/□: 12 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 2(of 15)

Senioren M45 (45-49 Jahre)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:02	5:38	6	9:41	25	10:05	10.30	58:02	5:38	6	9:41	25	10:05	
Amelinghausen	13.80	1:17:27	5:36	2	12:13	13	13:15	24.10	2:15:29	5:37	3	21:54	17	23:14	
Schwindebeck	9.40	53:18	5:40	3	7:54	13	9:24	33.50	3:08:47	5:38	2	29:48	15	51:27	
Bispingen	8.90	53:02	5:57	2	7:50	10	11:00	42.40	4:01:49	5:42	3	37:38	17	1:44:29	
Overhaverbeck	10.80	1:06:37	6:10	3	6:19	12	12:57	53.20	5:08:26	5:47	3	43:57	11	54:04	
Undeloh	6.90	43:58	6:22	2	1:03	9	9:22	60.10	5:52:24	5:51	3	41:06	13	55:25	
Egestorf	9.20	1:04:57	7:03	2	0:57	10	15:21	69.30	6:57:21	6:01	2	40:39	10	1:05:12	
Salzhausen	10.70	1:14:40	6:58	2	1:48	11	17:13	80.00	8:12:01	6:09	2	42:27	10	1:19:46	
Südergellersen	10.90	1:24:41	7:46	4	4:05	14	20:30	90.90	9:36:42	6:20	2	44:08	10	1:40:16	
Sülzwiesen	9.10	1:06:54	7:21	6	14:59	22	20:39	100.00	10:43:36	6:26	2	59:07	12	2:00:55	