



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

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#### Laufsparte MTV Rethmar -

□□: MTV Rethmar - Laufsparte

□□: 327

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 10:50:31

□□: 9.22 km/h

□□□□: 06:30 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	1:05:20	6:20	25	27:11	25	27:11	10.30	1:05:20	6:20	25	27:11	25	27:11
Amelinghausen	13.80	-	-	32	-	32	-	24.10	1:05:20	2:42	1	-	1	-
Schwindebeck	9.40	2:13:31	14:12	32	1:36:51	32	1:36:51	33.50	3:18:51	5:56	21	1:12:58	21	1:12:58
Bispingen	8.90	1:01:56	6:57	24	22:28	24	22:28	42.40	4:20:47	6:09	21	1:30:38	21	1:30:38
Overhaverbeck	10.80	1:06:15	6:08	23	19:24	23	19:24	53.20	5:27:02	6:08	22	1:50:02	22	1:50:02
Undeloh	6.90	46:50	6:47	21	17:09	21	17:09	60.10	6:13:52	6:13	22	2:06:56	22	2:06:56
Egestorf	9.20	51:37	5:36	6	11:38	6	11:38	69.30	7:05:29	6:08	20	2:18:34	20	2:18:34
Salzhausen	10.70	1:04:56	6:04	18	25:15	18	25:15	80.00	8:10:25	6:07	20	2:43:49	20	2:43:49
Südergellersen	10.90	1:21:43	7:29	28	32:49	28	32:49	90.90	9:32:08	6:17	21	3:11:22	21	3:11:22
Sülzwiesen	9.10	1:18:23	8:36	31	38:25	31	38:25	100.00	10:50:31	6:30	24	3:44:34	24	3:44:34