



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

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Kanbach Mike

□□: Bovender SV

□□: 58

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:52:53

□□: 9.19 km/h

□□□□: 06:32 min/km

□□□□□/□□□: 14 (of 102)

□□□□□/□: 13 (of 86)

□□□□□□: 8:42:41

□□□□□: 3(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:31	5:40	8	10:10	30	10:34	10.30	58:31	5:40	8	10:10	30	10:34	
Amelinghausen	13.80	1:21:04	5:52	6	15:50	23	16:52	24.10	2:19:35	5:47	7	26:00	28	27:20	
Schwindebeck	9.40	57:33	6:07	6	12:09	27	13:39	33.50	3:17:08	5:53	6	38:09	27	59:48	
Bispingen	8.90	56:38	6:21	4	11:26	21	14:36	42.40	4:13:46	5:59	6	49:35	27	1:56:26	
Overhaverbeck	10.80	1:12:45	6:44	4	12:27	23	19:05	53.20	5:26:31	6:08	4	1:02:02	20	1:12:09	
Undeloh	6.90	45:14	6:33	3	2:19	11	10:38	60.10	6:11:45	6:11	4	1:00:27	18	1:14:46	
Egestorf	9.20	1:04:57	7:03	2	0:57	10	15:21	69.30	7:16:42	6:18	4	1:00:00	13	1:24:33	
Salzhausen	10.70	1:15:42	7:04	3	2:50	12	18:15	80.00	8:32:24	6:24	4	1:02:50	13	1:40:09	
Südergellersen	10.90	1:20:36	7:23	1	-	7	16:25	90.90	9:53:00	6:31	3	1:00:26	13	1:56:34	
Sülzwiesen	9.10	59:53	6:34	2	7:58	10	13:38	100.00	10:52:53	6:31	3	1:08:24	13	2:10:12	