



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

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#### 2 Runnersofruhrpott

□□: Runnersofruhrpott  
□□: 330

□□: 100.00 km  
5-10er-Staffel

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5-10er Staffel

□□□: 10:53:52

□□: 9.18 km/h  
□□□□: 06:32 min/km

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	50:55	4:56	5	12:46	5	12:46	10.30	50:55	4:56	5	12:46	5	12:46
Amelinghausen	13.80	1:09:39	5:02	12	18:35	12	18:35	24.10	2:00:34	5:00	9	55:14	9	55:14
Schwindebeck	9.40	56:21	5:59	18	19:41	18	19:41	33.50	2:56:55	5:16	11	51:02	11	51:02
Bispingen	8.90	1:11:10	7:59	30	31:42	30	31:42	42.40	4:08:05	5:51	17	1:17:56	17	1:17:56
Overhaverbeck	10.80	1:04:57	6:00	21	18:06	21	18:06	53.20	5:13:02	5:53	19	1:36:02	19	1:36:02
Undeloh	6.90	49:25	7:09	27	19:44	27	19:44	60.10	6:02:27	6:01	19	1:55:31	19	1:55:31
Egestorf	9.20	1:04:01	6:57	25	24:02	25	24:02	69.30	7:06:28	6:09	21	2:19:33	21	2:19:33
Salzhausen	10.70	54:30	5:05	6	14:49	6	14:49	80.00	8:00:58	6:00	18	2:34:22	18	2:34:22
Südergellersen	10.90	1:45:18	9:39	31	56:24	31	56:24	90.90	9:46:16	6:26	23	3:25:30	23	3:25:30
Sülzwiesen	9.10	1:07:36	7:25	29	27:38	29	27:38	100.00	10:53:52	6:32	25	3:47:55	25	3:47:55