



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Strecker Robert

□□: LSLG Klein Glienicke

□□: 128

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 10:58:31

□□: 9.11 km/h

□□□□: 06:35 min/km

□□□□□/□□□: 15 (of 102)

□□□□□/□: 14 (of 86)

□□□□□□: 8:42:41

□□□□□: 4(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	57:58	5:37	5	9:37	24	10:01	10.30	57:58	5:37	5	9:37	24	10:01	
Amelinghausen	13.80	1:17:54	5:38	4	12:40	15	13:42	24.10	2:15:52	5:38	4	22:17	18	23:37	
Schwindebeck	9.40	53:14	5:39	2	7:50	12	9:20	33.50	3:09:06	5:38	3	30:07	18	51:46	
Bispingen	8.90	53:34	6:01	3	8:22	15	11:32	42.40	4:02:40	5:43	4	38:29	18	1:45:20	
Overhaverbeck	10.80	1:05:15	6:02	2	4:57	11	11:35	53.20	5:07:55	5:47	2	43:26	10	53:33	
Undeloh	6.90	42:55	6:13	1	-	8	8:19	60.10	5:50:50	5:50	2	39:32	12	53:51	
Egestorf	9.20	1:08:06	7:24	5	4:06	16	18:30	69.30	6:58:56	6:02	3	42:14	11	1:06:47	
Salzhausen	10.70	1:25:54	8:01	6	13:02	23	28:27	80.00	8:24:50	6:18	3	55:16	12	1:32:35	
Südergellersen	10.90	1:29:31	8:12	5	8:55	18	25:20	90.90	9:54:21	6:32	4	1:01:47	14	1:57:55	
Sülzwiesen	9.10	1:04:10	7:03	4	12:15	17	17:55	100.00	10:58:31	6:35	4	1:14:02	14	2:15:50	