



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

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**Koenen Oliver**

□□: LSLG Klein Glienicke  
□□: 64

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M50 (50-54 Jahre)

□□□: 11:17:01

□□: 8.86 km/h  
□□□□: 06:46 min/km

□□□□□/□□□: 18 (of 102)

□□□□□/□: 16 (of 86)

□□□□□□: 8:42:41

□□□□□: 2(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:10	5:50	4	4:49	33	12:13	10.30	1:00:10	5:50	4	4:49	33	12:13	
Amelinghausen	13.80	1:27:18	6:19	6	13:01	44	23:06	24.10	2:27:28	6:07	4	16:48	38	35:13	
Schwindebeck	9.40	57:48	6:08	3	1:02	29	13:54	33.50	3:25:16	6:07	4	16:29	37	1:07:56	
Bispingen	8.90	54:40	6:08	2	1:34	18	12:38	42.40	4:19:56	6:07	4	11:19	37	2:02:36	
Overhaverbeck	10.80	1:08:32	6:20	2	3:19	14	14:52	53.20	5:28:28	6:10	2	14:38	22	1:14:06	
Undeloh	6.90	47:25	6:52	2	6:53	14	12:49	60.10	6:15:53	6:15	3	36:44	23	1:18:54	
Egestorf	9.20	1:11:11	7:44	2	14:04	18	21:35	69.30	7:27:04	6:27	2	35:35	16	1:34:55	
Salzhausen	10.70	1:21:13	7:35	2	12:24	18	23:46	80.00	8:48:17	6:36	2	47:59	16	1:56:02	
Südergellersen	10.90	1:28:11	8:05	3	9:23	17	24:00	90.90	10:16:28	6:46	2	57:22	16	2:20:02	
Sülzwiesen	9.10	1:00:33	6:39	2	8:22	11	14:18	100.00	11:17:01	6:46	2	1:05:44	16	2:34:20	