



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

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Frischmuth Matthias

□□□: 11:20:37

□□: 37

□□: 8.82 km/h

□□□□: 06:48 min/km

□□: 100.00 km

□□□□□/□□□: 19 (of 102)

Ultra-Marathon

□□□□□/□: 17 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 3(of 11)

Senioren M55 (55-59 Jahre)

□□□□□□□: 10:40:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:25	5:28	1	-	14	8:28	10.30	56:25	5:28	1	-	14	8:28	
Amelinghausen	13.80	1:21:12	5:53	1	-	25	17:00	24.10	2:17:37	5:42	1	-	22	25:22	
Schwindebeck	9.40	56:51	6:02	3	2:37	23	12:57	33.50	3:14:28	5:48	1	-	24	57:08	
Bispingen	8.90	1:04:00	7:11	4	10:41	41	21:58	42.40	4:18:28	6:05	5	37:13	32	2:01:08	
Overhaverbeck	10.80	1:11:14	6:35	4	4:36	20	17:34	53.20	5:29:42	6:11	3	8:47	23	1:15:20	
Undeloh	6.90	58:39	8:30	4	11:14	36	24:03	60.10	6:28:21	6:27	4	19:08	30	1:31:22	
Egestorf	9.20	1:11:13	7:44	3	9:43	19	21:37	69.30	7:39:34	6:37	3	28:51	20	1:47:25	
Salzhausen	10.70	1:17:19	7:13	3	4:07	13	19:52	80.00	8:56:53	6:42	3	32:58	18	2:04:38	
Südergellersen	10.90	1:25:39	7:51	3	3:04	16	21:28	90.90	10:22:32	6:50	3	36:02	18	2:26:06	
Sülzwiesen	9.10	58:05	6:22	2	4:10	9	11:50	100.00	11:20:37	6:48	3	40:12	17	2:37:56	