



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

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Heideflitzer Die

□□: 307

□□: 100.00 km  
5-10er-Staffel

□□□□:  
5-10er Staffel

□□□: 11:22:11

□□: 8.80 km/h  
□□□□: 06:49 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	1:05:55	6:23	26	27:46	26	27:46	10.30	1:05:55	6:23	26	27:46	26	27:46
Amelinghausen	13.80	1:44:41	7:35	30	53:37	30	53:37	24.10	2:50:36	7:04	31	1:45:16	31	1:45:16
Schwindebeck	9.40	1:04:10	6:49	26	27:30	26	27:30	33.50	3:54:46	7:00	31	1:48:53	31	1:48:53
Bispingen	8.90	1:06:01	7:25	28	26:33	28	26:33	42.40	5:00:47	7:05	32	2:10:38	32	2:10:38
Overhaverbeck	10.80	1:15:51	7:01	27	29:00	27	29:00	53.20	6:16:38	7:04	30	2:39:38	30	2:39:38
Undeloh	6.90	49:06	7:06	25	19:25	25	19:25	60.10	7:05:44	7:05	28	2:58:48	28	2:58:48
Egestorf	9.20	58:58	6:24	18	18:59	18	18:59	69.30	8:04:42	6:59	28	3:17:47	28	3:17:47
Salzhausen	10.70	1:12:58	6:49	26	33:17	26	33:17	80.00	9:17:40	6:58	28	3:51:04	28	3:51:04
Südergellersen	10.90	1:17:31	7:06	24	28:37	24	28:37	90.90	10:35:11	6:59	28	4:14:25	28	4:14:25
Sülzwiesen	9.10	47:00	5:09	6	7:02	6	7:02	100.00	11:22:11	6:49	27	4:16:14	27	4:16:14