



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

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Bonesky Thomas

□□: Triathlon Club Bremen

□□: 11

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 8:42:41

□□: 11.48 km/h

□□□□: 05:13 min/km

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□□□□□/□: 1 (of 86)

□□□□□□: 8:42:41

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Südergellersen	10.30	50:59	4:56	1	-	6	3:02	10.30	50:59	4:56	1	-	6	3:02	
Amelinghausen	13.80	1:07:43	4:54	2	0:29	6	3:31	24.10	1:58:42	4:55	2	0:28	6	6:27	
Schwindebeck	9.40	46:49	4:58	1	-	4	2:55	33.50	2:45:31	4:56	2	17:56	7	28:11	
Bispingen	8.90	48:46	5:28	2	4:34	6	6:44	42.40	3:34:17	5:03	3	1:06:42	9	1:16:57	
Overhaverbeck	10.80	53:40	4:58	1	-	1	-	53.20	4:27:57	5:02	2	0:01	5	13:35	
Undeloh	6.90	34:36	5:00	1	-	1	-	60.10	5:02:33	5:02	1	-	3	5:34	
Egestorf	9.20	52:15	5:40	2	2:39	2	2:39	69.30	5:54:48	5:07	2	2:39	2	2:39	
Salzhausen	10.70	57:27	5:22	1	-	1	-	80.00	6:52:15	5:09	1	-	1	-	
Südergellersen	10.90	1:04:11	5:53	1	-	1	-	90.90	7:56:26	5:14	1	-	1	-	
Sülzwiesen	9.10	46:15	5:04	1	-	1	-	100.00	8:42:41	5:13	1	-	1	-	