



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

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Schlömer Christian

□□□: 11:26:16

□□: 110

□□: 8.74 km/h

□□□□: 06:52 min/km

□□: 100.00 km

□□□□□/□□□: 20 (of 102)

Ultra-Marathon

□□□□□/□: 18 (of 86)

□□□□□□: 8:42:41

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□□□□□: 4(of 11)

Senioren M40 (40-44 Jahre)

□□□□□□□: 8:42:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:21	6:20	8	14:22	56	17:24	10.30	1:05:21	6:20	8	14:22	56	17:24
Amelinghausen	13.80	1:28:18	6:23	6	21:04	47	24:06	24.10	2:33:39	6:22	8	35:25	52	41:24
Schwindebeck	9.40	58:43	6:14	6	11:54	33	14:49	33.50	3:32:22	6:20	7	1:04:47	43	1:15:02
Bispingen	8.90	57:03	6:24	6	12:51	24	15:01	42.40	4:29:25	6:21	7	2:01:50	45	2:12:05
Overhaverbeck	10.80	1:11:25	6:36	5	17:45	21	17:45	53.20	5:40:50	6:24	6	1:12:54	31	1:26:28
Undeloh	6.90	49:27	7:10	5	14:51	18	14:51	60.10	6:30:17	6:29	6	1:27:44	32	1:33:18
Egestorf	9.20	1:08:32	7:26	4	18:56	17	18:56	69.30	7:38:49	6:37	5	1:46:40	19	1:46:40
Salzhausen	10.70	1:20:39	7:32	4	23:12	16	23:12	80.00	8:59:28	6:44	4	2:07:13	19	2:07:13
Südergellersen	10.90	1:22:00	7:31	4	17:49	10	17:49	90.90	10:21:28	6:50	4	2:25:02	17	2:25:02
Sülzwiesen	9.10	1:04:48	7:07	4	18:33	19	18:33	100.00	11:26:16	6:51	4	2:43:35	18	2:43:35