



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

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LT MTV Amelinghausen

□□: MTV Amelinghausen LT

□□: 326

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 11:36:30

□□: 8.61 km/h

□□□□: 06:58 min/km

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Südergellersen	10.30	1:14:43	7:15	32	36:34	32	36:34	10.30	1:14:43	7:15	32	36:34	32	36:34
Amelinghausen	13.80	1:33:06	6:44	29	42:02	29	42:02	24.10	2:47:49	6:57	30	1:42:29	30	1:42:29
Schwindebeck	9.40	1:11:43	7:37	31	35:03	31	35:03	33.50	3:59:32	7:09	32	1:53:39	32	1:53:39
Bispingen	8.90	1:01:07	6:52	23	21:39	23	21:39	42.40	5:00:39	7:05	31	2:10:30	31	2:10:30
Overhaverbeck	10.80	1:22:17	7:37	28	35:26	28	35:26	53.20	6:22:56	7:11	32	2:45:56	32	2:45:56
Undeloh	6.90	48:36	7:02	24	18:55	24	18:55	60.10	7:11:32	7:10	30	3:04:36	30	3:04:36
Egestorf	9.20	1:20:10	8:42	31	40:11	31	40:11	69.30	8:31:42	7:23	30	3:44:47	30	3:44:47
Salzhausen	10.70	1:07:35	6:18	21	27:54	21	27:54	80.00	9:39:17	7:14	30	4:12:41	30	4:12:41
Südergellersen	10.90	1:03:54	5:51	12	15:00	12	15:00	90.90	10:43:11	7:04	30	4:22:25	30	4:22:25
Sülzwiesen	9.10	53:19	5:51	18	13:21	18	13:21	100.00	11:36:30	6:57	29	4:30:33	29	4:30:33