



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

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#### 4 Stade Night Runners Team

□□: Stade Night Runners  
□□: 335

□□: 100.00 km  
5-10er-Staffel

□□□□:  
5-10er Staffel

□□□: 11:38:02

□□: 8.60 km/h  
□□□□: 06:59 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	1:10:49	6:52	28	32:40	28	32:40	10.30	1:10:49	6:52	28	32:40	28	32:40
Amelinghausen	13.80	1:45:44	7:39	31	54:40	31	54:40	24.10	2:56:33	7:19	32	1:51:13	32	1:51:13
Schwindebeck	9.40	55:38	5:55	16	18:58	16	18:58	33.50	3:52:11	6:55	30	1:46:18	30	1:46:18
Bispingen	8.90	57:35	6:28	19	18:07	19	18:07	42.40	4:49:46	6:50	29	1:59:37	29	1:59:37
Overhaverbeck	10.80	1:26:48	8:02	29	39:57	29	39:57	53.20	6:16:34	7:04	29	2:39:34	29	2:39:34
Undeloh	6.90	49:11	7:07	26	19:30	26	19:30	60.10	7:05:45	7:05	29	2:58:49	29	2:58:49
Egestorf	9.20	1:06:01	7:10	27	26:02	27	26:02	69.30	8:11:46	7:05	29	3:24:51	29	3:24:51
Salzhausen	10.70	1:08:45	6:25	23	29:04	23	29:04	80.00	9:20:31	7:00	29	3:53:55	29	3:53:55
Südergellersen	10.90	1:15:09	6:53	23	26:15	23	26:15	90.90	10:35:40	6:59	29	4:14:54	29	4:14:54
Sülzwiesen	9.10	1:02:22	6:51	27	22:24	27	22:24	100.00	11:38:02	6:58	30	4:32:05	30	4:32:05