



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

□□□□

Schäfer André

□□: Ultra - Tortugas

□□: 103

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:40:30

□□: 8.57 km/h

□□□□: 07:00 min/km

□□□□□/□□□: 22 (of 102)

□□□□□/□: 20 (of 86)

□□□□□□: 8:42:41

□□□□□: 5(of 15)

□□□□□□□: 9:44:29

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □ | □□ □ | |
|----------------|----------|-----------------|---------|---------|---------|---------|-------|-----------|------------------|---------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 1:08:51 | 6:41 | 12 | 20:30 | 63 | 20:54 | 10.30 | 1:08:51 | 6:41 | 12 | 20:30 | 63 | 20:54 |
| Amelinghausen | 13.80 | 1:32:56 | 6:44 | 13 | 27:42 | 56 | 28:44 | 24.10 | 2:41:47 | 6:42 | 12 | 48:12 | 57 | 49:32 |
| Schwindebeck | 9.40 | 1:05:05 | 6:55 | 9 | 19:41 | 44 | 21:11 | 33.50 | 3:46:52 | 6:46 | 12 | 1:07:53 | 55 | 1:29:32 |
| Bispingen | 8.90 | 1:02:33 | 7:01 | 8 | 17:21 | 37 | 20:31 | 42.40 | 4:49:25 | 6:49 | 11 | 1:25:14 | 54 | 2:32:05 |
| Overhaverbeck | 10.80 | 1:15:07 | 6:57 | 5 | 14:49 | 25 | 21:27 | 53.20 | 6:04:32 | 6:51 | 9 | 1:40:03 | 41 | 1:50:10 |
| Undeloh | 6.90 | 46:07 | 6:41 | 4 | 3:12 | 12 | 11:31 | 60.10 | 6:50:39 | 6:49 | 9 | 1:39:21 | 40 | 1:53:40 |
| Egestorf | 9.20 | 1:04:00 | 6:57 | 1 | - | 9 | 14:24 | 69.30 | 7:54:39 | 6:50 | 7 | 1:37:57 | 26 | 2:02:30 |
| Salzhausen | 10.70 | 1:17:25 | 7:14 | 4 | 4:33 | 14 | 19:58 | 80.00 | 9:12:04 | 6:54 | 6 | 1:42:30 | 23 | 2:19:49 |
| Südergellersen | 10.90 | 1:20:52 | 7:25 | 2 | 0:16 | 8 | 16:41 | 90.90 | 10:32:56 | 6:57 | 5 | 1:40:22 | 20 | 2:36:30 |
| Sülzwiesen | 9.10 | 1:07:34 | 7:25 | 8 | 15:39 | 24 | 21:19 | 100.00 | 11:40:30 | 7:00 | 5 | 1:56:01 | 20 | 2:57:49 |