



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

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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	