



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

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Brunheim Torsten

□□: BSV Holborn
□□: 159

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 11:41:05

□□: 8.56 km/h
□□□□: 07:01 min/km

□□□□□/□□□: 23 (of 102)

□□□□□/□: 21 (of 86)

□□□□□□: 8:42:41

□□□□□: 6(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:46	5:30	2	8:25	19	8:49	10.30	56:46	5:30	2	8:25	19	8:49	
Amelinghausen	13.80	1:21:59	5:56	8	16:45	30	17:47	24.10	2:18:45	5:45	6	25:10	25	26:30	
Schwindebeck	9.40	1:02:51	6:41	8	17:27	42	18:57	33.50	3:21:36	6:01	8	42:37	33	1:04:16	
Bispingen	8.90	58:11	6:32	7	12:59	29	16:09	42.40	4:19:47	6:07	8	55:36	33	2:02:27	
Overhaverbeck	10.80	1:17:05	7:08	6	16:47	26	23:25	53.20	5:36:52	6:19	6	1:12:23	28	1:22:30	
Undeloh	6.90	49:48	7:13	6	6:53	19	15:12	60.10	6:26:40	6:26	5	1:15:22	28	1:29:41	
Egestorf	9.20	1:17:46	8:27	6	13:46	24	28:10	69.30	7:44:26	6:42	5	1:27:44	23	1:52:17	
Salzhausen	10.70	1:20:50	7:33	5	7:58	17	23:23	80.00	9:05:16	6:48	5	1:35:42	21	2:13:01	
Südergellersen	10.90	1:31:44	8:24	6	11:08	21	27:33	90.90	10:37:00	7:00	6	1:44:26	21	2:40:34	
Sülzwiesen	9.10	1:04:05	7:02	3	12:10	16	17:50	100.00	11:41:05	7:00	6	1:56:36	21	2:58:24	