



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

□□□□

Thoms Stefan

□□: USC Kiel

□□: 138

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 11:46:18

□□: 8.49 km/h

□□□□: 07:04 min/km

□□□□□/□□□: 24 (of 102)

□□□□□/□: 22 (of 86)

□□□□□□: 8:42:41

□□□□□: 4(of 11)

□□□□□□□: 10:40:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:16	6:08	4	6:51	44	15:19	10.30	1:03:16	6:08	4	6:51	44	15:19
Amelinghausen	13.80	1:26:14	6:14	5	5:02	39	22:02	24.10	2:29:30	6:12	5	11:53	40	37:15
Schwindebeck	9.40	57:55	6:09	4	3:41	30	14:01	33.50	3:27:25	6:11	4	12:57	39	1:10:05
Bispingen	8.90	56:46	6:22	3	3:27	23	14:44	42.40	4:24:11	6:13	6	42:56	41	2:06:51
Overhaverbeck	10.80	1:10:38	6:32	3	4:00	17	16:58	53.20	5:34:49	6:17	4	13:54	27	1:20:27
Undeloh	6.90	49:04	7:06	2	1:39	17	14:28	60.10	6:23:53	6:23	3	14:40	27	1:26:54
Egestorf	9.20	1:16:30	8:18	4	15:00	23	26:54	69.30	7:40:23	6:38	4	29:40	21	1:48:14
Salzhausen	10.70	1:24:44	7:55	4	11:32	21	27:17	80.00	9:05:07	6:48	4	41:12	20	2:12:52
Südergellersen	10.90	1:32:36	8:29	4	10:01	25	28:25	90.90	10:37:43	7:00	4	51:13	22	2:41:17
Sülzwiesen	9.10	1:08:35	7:32	4	14:40	27	22:20	100.00	11:46:18	7:03	4	1:05:53	22	3:03:37