



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

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**Moch Nils**

□□: World's Best Family & Sparkasse Lüneburg

□□: 82

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 11:54:55

□□: 8.39 km/h

□□□□: 07:09 min/km

□□□□□/□□□: 25 (of 102)

□□□□□/□: 23 (of 86)

□□□□□□: 8:42:41

□□□□□: 5(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:32	5:46	6	8:33	31	11:35	10.30	59:32	5:46	6	8:33	31	11:35	
Amelinghausen	13.80	1:21:08	5:52	5	13:54	24	16:56	24.10	2:20:40	5:50	5	22:26	29	28:25	
Schwindebeck	9.40	57:35	6:07	5	10:46	28	13:41	33.50	3:18:15	5:55	6	50:40	29	1:00:55	
Bispingen	8.90	56:41	6:22	5	12:29	22	14:39	42.40	4:14:56	6:00	6	1:47:21	29	1:57:36	
Overhaverbeck	10.80	1:10:56	6:34	4	17:16	18	17:16	53.20	5:25:52	6:07	4	57:56	19	1:11:30	
Undeloh	6.90	48:52	7:04	4	14:16	16	14:16	60.10	6:14:44	6:14	5	1:12:11	22	1:17:45	
Egestorf	9.20	1:14:56	8:08	6	25:20	22	25:20	69.30	7:29:40	6:29	4	1:37:31	17	1:37:31	
Salzhausen	10.70	1:38:28	9:12	6	41:01	39	41:01	80.00	9:08:08	6:51	5	2:15:53	22	2:15:53	
Südergellersen	10.90	1:36:26	8:50	5	32:15	30	32:15	90.90	10:44:34	7:05	5	2:48:08	23	2:48:08	
Sülzwiesen	9.10	1:10:21	7:43	5	24:06	30	24:06	100.00	11:54:55	7:08	5	3:12:14	23	3:12:14	