



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

0000

two Crazy

00: 202

00: 100.00 km
2-er-Staffel

0000:
2er Staffel

000: 11:55:44

00: 8.38 km/h
0000: 07:09 min/km

00000/000: 4 (of 11)

00000/000: 4 (of 11)

000000: 9:18:35

00000: 4(of 11)

0000000: 9:18:35

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Südergellersen	10.30	1:10:00	6:47	10	19:37	10	19:37	10.30	1:10:00	6:47	10	19:37	10	19:37
Amelinghausen	13.80	1:13:29	5:19	3	6:36	3	6:36	24.10	2:23:29	5:57	4	26:13	4	26:13
Schwindebeck	9.40	59:37	6:20	4	12:45	4	12:45	33.50	3:23:06	6:03	4	38:58	4	38:58
Bispingen	8.90	1:07:52	7:37	5	21:53	5	21:53	42.40	4:30:58	6:23	4	1:00:51	4	1:00:51
Overhaverbeck	10.80	1:22:15	7:36	4	19:44	4	19:44	53.20	5:53:13	6:38	4	1:13:33	4	1:13:33
Undeloh	6.90	44:55	6:30	7	14:48	7	14:48	60.10	6:38:08	6:37	5	1:23:28	5	1:23:28
Egestorf	9.20	1:15:35	8:12	8	32:19	8	32:19	69.30	7:53:43	6:50	4	1:49:06	4	1:49:06
Salzhausen	10.70	1:25:13	7:57	7	33:58	7	33:58	80.00	9:18:56	6:59	4	2:12:14	4	2:12:14
Südergellersen	10.90	1:30:19	8:17	3	30:50	3	30:50	90.90	10:49:15	7:08	4	2:27:02	4	2:27:02
Sülzwiesen	9.10	1:06:29	7:18	6	17:33	6	17:33	100.00	11:55:44	7:09	4	2:37:09	4	2:37:09