



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

□□□□

Wolz Christian

□□□: 11:56:27

□□: 147

□□: 8.37 km/h

□□□□: 07:10 min/km

□□: 100.00 km

□□□□□/□□□□: 26 (of 102)

Ultra-Marathon

□□□□□/□: 24 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 7(of 15)

Senioren M45 (45-49 Jahre)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	57:21	5:34	4	9:00	22	9:24	10.30	57:21	5:34	4	9:00	22	9:24	
Amelinghausen	13.80	1:17:45	5:38	3	12:31	14	13:33	24.10	2:15:06	5:36	2	21:31	15	22:51	
Schwindebeck	9.40	56:00	5:57	4	10:36	19	12:06	33.50	3:11:06	5:42	4	32:07	20	53:46	
Bispingen	8.90	57:57	6:30	6	12:45	28	15:55	42.40	4:09:03	5:52	5	44:52	24	1:51:43	
Overhaverbeck	10.80	1:20:39	7:28	7	20:21	31	26:59	53.20	5:29:42	6:11	5	1:05:13	23	1:15:20	
Undeloh	6.90	57:47	8:22	10	14:52	35	23:11	60.10	6:27:29	6:26	6	1:16:11	29	1:30:30	
Egestorf	9.20	1:19:07	8:35	8	15:07	27	29:31	69.30	7:46:36	6:43	6	1:29:54	24	1:54:27	
Salzhausen	10.70	1:28:08	8:14	7	15:16	24	30:41	80.00	9:14:44	6:56	7	1:45:10	24	2:22:29	
Südergellersen	10.90	1:31:54	8:25	7	11:18	22	27:43	90.90	10:46:38	7:06	7	1:54:04	24	2:50:12	
Sülzwiesen	9.10	1:09:49	7:40	9	17:54	28	23:34	100.00	11:56:27	7:09	7	2:11:58	24	3:13:46	