



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

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Danyi Matthias

□□: Ultra - Tortugas

□□: 20

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 12:09:30

□□: 8.22 km/h

□□□□: 07:17 min/km

□□□□□/□□□: 28 (of 102)

□□□□□/□: 26 (of 86)

□□□□□□: 8:42:41

□□□□□: 8(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:20	5:51	9	11:59	34	12:23	10.30	1:00:20	5:51	9	11:59	34	12:23
Amelinghausen	13.80	1:21:54	5:56	7	16:40	28	17:42	24.10	2:22:14	5:54	9	28:39	31	29:59
Schwindebeck	9.40	57:29	6:06	5	12:05	26	13:35	33.50	3:19:43	5:57	7	40:44	30	1:02:23
Bispingen	8.90	57:23	6:26	5	12:11	25	15:21	42.40	4:17:06	6:03	7	52:55	31	1:59:46
Overhaverbeck	10.80	1:25:55	7:57	9	25:37	40	32:15	53.20	5:43:01	6:26	7	1:18:32	32	1:28:39
Undeloh	6.90	55:20	8:01	8	12:25	31	20:44	60.10	6:38:21	6:37	7	1:27:03	33	1:41:22
Egestorf	9.20	1:17:56	8:28	7	13:56	25	28:20	69.30	7:56:17	6:52	8	1:39:35	27	2:04:08
Salzhausen	10.70	1:32:34	8:39	10	19:42	32	35:07	80.00	9:28:51	7:06	8	1:59:17	27	2:36:36
Südergellersen	10.90	1:33:39	8:35	8	13:03	26	29:28	90.90	11:02:30	7:17	8	2:09:56	25	3:06:04
Sülzwiesen	9.10	1:07:00	7:21	7	15:05	23	20:45	100.00	12:09:30	7:17	8	2:25:01	26	3:26:49