



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

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2 The Great

□□: Great Hearts
□□: 344

□□: 100.00 km
5-10er-Staffel

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5-10er Staffel

□□□: 12:11:11

□□: 8.21 km/h
□□□□: 07:19 min/km

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□□□□□□: 7:05:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:12:29	7:02	29	34:20	29	34:20	10.30	1:12:29	7:02	29	34:20	29	34:20
Amelinghausen	13.80	1:17:45	5:38	20	26:41	20	26:41	24.10	2:30:14	6:14	27	1:24:54	27	1:24:54
Schwindebeck	9.40	1:09:41	7:24	30	33:01	30	33:01	33.50	3:39:55	6:33	29	1:34:02	29	1:34:02
Bispingen	8.90	1:09:12	7:46	29	29:44	29	29:44	42.40	4:49:07	6:49	28	1:58:58	28	1:58:58
Overhaverbeck	10.80	1:28:04	8:09	31	41:13	31	41:13	53.20	6:17:11	7:05	31	2:40:11	31	2:40:11
Undeloh	6.90	56:39	8:12	31	26:58	31	26:58	60.10	7:13:50	7:13	31	3:06:54	31	3:06:54
Egestorf	9.20	1:20:55	8:47	32	40:56	32	40:56	69.30	8:34:45	7:25	31	3:47:50	31	3:47:50
Salzhausen	10.70	1:17:12	7:12	31	37:31	31	37:31	80.00	9:51:57	7:23	31	4:25:21	31	4:25:21
Südergellersen	10.90	1:23:59	7:42	30	35:05	30	35:05	90.90	11:15:56	7:26	32	4:55:10	32	4:55:10
Sülzwiesen	9.10	55:15	6:04	19	15:17	19	15:17	100.00	12:11:11	7:18	31	5:05:14	31	5:05:14