



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

□□□□

Andrae Wolfram

□□: Hunsrück-Marathon e.V.

□□: 23

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:17:49

□□: 8.13 km/h

□□□□: 07:22 min/km

□□□□□/□□□: 29 (of 102)

□□□□□/□: 27 (of 86)

□□□□□□: 8:42:41

□□□□□: 3(of 20)

□□□□□□□: 10:11:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:15	6:08	6	7:54	43	15:18	10.30	1:03:15	6:08	6	7:54	43	15:18
Amelinghausen	13.80	1:27:50	6:21	7	13:33	46	23:38	24.10	2:31:05	6:16	7	20:25	46	38:50
Schwindebeck	9.40	1:05:47	6:59	9	9:01	46	21:53	33.50	3:36:52	6:28	7	28:05	47	1:19:32
Bispingen	8.90	1:04:44	7:16	6	11:38	42	22:42	42.40	4:41:36	6:38	9	32:59	50	2:24:16
Overhaverbeck	10.80	1:21:02	7:30	6	15:49	32	27:22	53.20	6:02:38	6:48	7	48:48	40	1:48:16
Undeloh	6.90	54:37	7:54	5	14:05	28	20:01	60.10	6:57:15	6:56	7	1:18:06	42	2:00:16
Egestorf	9.20	1:12:53	7:55	3	15:46	20	23:17	69.30	8:10:08	7:04	3	1:18:39	30	2:17:59
Salzhausen	10.70	1:25:25	7:58	3	16:36	22	27:58	80.00	9:35:33	7:11	3	1:35:15	29	2:43:18
Südergellersen	10.90	1:31:56	8:26	4	13:08	23	27:45	90.90	11:07:29	7:20	3	1:48:23	27	3:11:03
Sülzwiesen	9.10	1:10:20	7:43	4	18:09	29	24:05	100.00	12:17:49	7:22	3	2:06:32	27	3:35:08