



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

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Neugebauer Jörg

□□: VfL Sittensen
□□: 85

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 12:40:07

□□: 7.89 km/h
□□□□: 07:36 min/km

□□□□□/□□□: 31 (of 102)

□□□□□/□: 28 (of 86)

□□□□□□: 8:42:41

□□□□□: 9(of 15)

□□□□□□□: 9:44:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	58:05	5:38	7	9:44	27	10:08	10.30	58:05	5:38	7	9:44	27	10:08
Amelinghausen	13.80	1:20:26	5:49	5	15:12	22	16:14	24.10	2:18:31	5:44	5	24:56	24	26:16
Schwindebeck	9.40	58:17	6:12	7	12:53	32	14:23	33.50	3:16:48	5:52	5	37:49	26	59:28
Bispingen	8.90	1:02:59	7:04	9	17:47	39	20:57	42.40	4:19:47	6:07	8	55:36	33	2:02:27
Overhaverbeck	10.80	1:26:39	8:01	10	26:21	42	32:59	53.20	5:46:26	6:30	8	1:21:57	34	1:32:04
Undeloh	6.90	57:37	8:21	9	14:42	34	23:01	60.10	6:44:03	6:43	8	1:32:45	36	1:47:04
Egestorf	9.20	1:27:56	9:33	10	23:56	35	38:20	69.30	8:11:59	7:05	9	1:55:17	32	2:19:50
Salzhausen	10.70	1:32:32	8:38	9	19:40	31	35:05	80.00	9:44:31	7:18	9	2:14:57	31	2:52:16
Südergellersen	10.90	1:50:44	10:09	11	30:08	48	46:33	90.90	11:35:15	7:38	9	2:42:41	31	3:38:49
Sülzwiesen	9.10	1:04:52	7:07	5	12:57	20	18:37	100.00	12:40:07	7:36	9	2:55:38	28	3:57:26