



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

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2022 Flinke Füße

□□: Crossfit Greenheart
□□: 205

□□: 100.00 km
2-er-Staffel

□□□□:
2er Staffel

□□□: 12:41:49

□□: 7.88 km/h
□□□□: 07:37 min/km

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□□□□□□: 9:18:35

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Südergellersen	10.30	59:56	5:49	4	9:33	4	9:33	10.30	59:56	5:49	4	9:33	4	9:33
Amelinghausen	13.80	1:29:30	6:29	6	22:37	6	22:37	24.10	2:29:26	6:12	6	32:10	6	32:10
Schwindebeck	9.40	1:15:46	8:03	7	28:54	7	28:54	33.50	3:45:12	6:43	6	1:01:04	6	1:01:04
Bispingen	8.90	1:13:59	8:18	8	28:00	8	28:00	42.40	4:59:11	7:03	6	1:29:04	6	1:29:04
Overhaverbeck	10.80	1:25:42	7:56	5	23:11	5	23:11	53.20	6:24:53	7:14	6	1:45:13	6	1:45:13
Undeloh	6.90	-	-	10		10		60.10	6:24:53	6:24	4	1:10:13	4	1:10:13
Egestorf	9.20	1:51:10	12:05	11	1:07:54	11	1:07:54	69.30	8:16:03	7:09	5	2:11:26	5	2:11:26
Salzhausen	10.70	1:30:43	8:28	10	39:28	10	39:28	80.00	9:46:46	7:20	5	2:40:04	5	2:40:04
Südergellersen	10.90	1:44:47	9:36	10	45:18	10	45:18	90.90	11:31:33	7:36	5	3:09:20	5	3:09:20
Sülzwiesen	9.10	1:10:16	7:43	7	21:20	7	21:20	100.00	12:41:49	7:37	5	3:23:14	5	3:23:14