



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

□□□□

Ultras Die

□□: 203

□□: 100.00 km  
2-er-Staffel

□□□□:  
2er Staffel

□□□: 12:47:53

□□: 7.81 km/h  
□□□□: 07:41 min/km

□□□□□/□□□: 6 (of 11)

□□□□□/□□□: 6 (of 11)

□□□□□□: 9:18:35

□□□□□: 6(of 11)

□□□□□□□: 9:18:35

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:03:39	6:10	6	13:16	6	13:16	10.30	1:03:39	6:10	6	13:16	6	13:16
Amelinghausen	13.80	1:35:22	6:54	9	28:29	9	28:29	24.10	2:39:01	6:35	7	41:45	7	41:45
Schwindebeck	9.40	1:23:51	8:55	9	36:59	9	36:59	33.50	4:02:52	7:14	8	1:18:44	8	1:18:44
Bispingen	8.90	1:13:50	8:17	6	27:51	6	27:51	42.40	5:16:42	7:28	7	1:46:35	7	1:46:35
Overhaverbeck	10.80	1:42:57	9:31	8	40:26	8	40:26	53.20	6:59:39	7:53	8	2:19:59	8	2:19:59
Undeloh	6.90	39:43	5:45	5	9:36	5	9:36	60.10	7:39:22	7:38	8	2:24:42	8	2:24:42
Egestorf	9.20	1:13:05	7:56	6	29:49	6	29:49	69.30	8:52:27	7:40	8	2:47:50	8	2:47:50
Salzhausen	10.70	1:20:01	7:28	4	28:46	4	28:46	80.00	10:12:28	7:39	7	3:05:46	7	3:05:46
Südergellersen	10.90	1:32:53	8:31	5	33:24	5	33:24	90.90	11:45:21	7:45	6	3:23:08	6	3:23:08
Sülzwiesen	9.10	1:02:32	6:52	4	13:36	4	13:36	100.00	12:47:53	7:40	6	3:29:18	6	3:29:18