



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

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Becker Heiko

□□□: 8:50:50

□□: 7

□□: 11.30 km/h

□□□□: 05:19 min/km

□□: 100.00 km

□□□□□/□□□: 2 (of 102)

Ultra-Marathon

□□□□□/□: 2 (of 86)

□□□□□□: 8:42:41

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□□□□□: 2(of 11)

Senioren M40 (40-44 Jahre)

□□□□□□□: 8:42:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	51:00	4:57	2	0:01	7	3:03	10.30	51:00	4:57	2	0:01	7	3:03	
Amelinghausen	13.80	1:07:14	4:52	1	-	5	3:02	24.10	1:58:14	4:54	1	-	5	5:59	
Schwindebeck	9.40	51:30	5:28	3	4:41	7	7:36	33.50	2:49:44	5:03	3	22:09	8	32:24	
Bispingen	8.90	44:12	4:57	1	-	3	2:10	42.40	3:33:56	5:02	2	1:06:21	7	1:16:36	
Overhaverbeck	10.80	54:00	5:00	2	0:20	2	0:20	53.20	4:27:56	5:02	1	-	4	13:34	
Undeloh	6.90	34:37	5:01	2	0:01	2	0:01	60.10	5:02:33	5:02	1	-	3	5:34	
Egestorf	9.20	49:36	5:23	1	-	1	-	69.30	5:52:09	5:04	1	-	1	-	
Salzhausen	10.70	1:02:15	5:49	2	4:48	2	4:48	80.00	6:54:24	5:10	2	2:09	2	2:09	
Südergellersen	10.90	1:05:22	5:59	2	1:11	2	1:11	90.90	7:59:46	5:16	2	3:20	2	3:20	
Sülzwiesen	9.10	51:04	5:36	2	4:49	2	4:49	100.00	8:50:50	5:18	2	8:09	2	8:09	