



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

0000

Fetzen Team

000: 12:47:54

00: 219

00: 7.81 km/h

0000: 07:41 min/km

00: 100.00 km

00000/000: 7 (of 11)

2-er-Staffel

00000/000: 7 (of 11)

000000: 9:18:35

0000:

00000: 7(of 11)

2er Staffel

0000000: 9:18:35

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
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	1:35:25	6:54	10	28:32	10	28:32	24.10	2:39:04	6:36	8	41:48	8	41:48
Schwindebeck	9.40	1:23:58	8:55	10	37:06	10	37:06	33.50	4:03:02	7:15	9	1:18:54	9	1:18:54
Bispingen	8.90	1:13:52	8:17	7	27:53	7	27:53	42.40	5:16:54	7:28	8	1:46:47	8	1:46:47
Overhaverbeck	10.80	1:44:10	9:38	9	41:39	9	41:39	53.20	7:01:04	7:54	9	2:21:24	9	2:21:24
Undeloh	6.90	38:18	5:33	4	8:11	4	8:11	60.10	7:39:22	7:38	8	2:24:42	8	2:24:42
Egestorf	9.20	1:13:07	7:56	7	29:51	7	29:51	69.30	8:52:29	7:41	9	2:47:52	9	2:47:52
Salzhausen	10.70	1:20:05	7:29	5	28:50	5	28:50	80.00	10:12:34	7:39	8	3:05:52	8	3:05:52
Südergellersen	10.90	1:33:02	8:32	6	33:33	6	33:33	90.90	11:45:36	7:45	7	3:23:23	7	3:23:23
Sülzwiesen	9.10	1:02:18	6:50	3	13:22	3	13:22	100.00	12:47:54	7:40	7	3:29:19	7	3:29:19