



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

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Fetzen Team

□□□: 12:47:54

□□: 219

□□: 7.81 km/h

□□□□: 07:41 min/km

□□: 100.00 km

□□□□□/□□□: 7 (of 11)

2-er-Staffel

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□□□□□□: 9:18:35

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□□□□□: 7(of 11)

2er Staffel

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□□□	□□ 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	1:35:25	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