



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

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Daniels Thies

□□: DUV

□□: 18

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 12:48:06

□□: 7.81 km/h

□□□□: 07:41 min/km

□□□□□/□□□: 33 (of 102)

□□□□□/□: 29 (of 86)

□□□□□□: 8:42:41

□□□□□: 1(of 7)

□□□□□□□: 12:48:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:44	5:59	2	1:24	39	13:47	10.30	1:01:44	5:59	2	1:24	39	13:47	
Amelinghausen	13.80	1:28:47	6:26	4	6:52	48	24:35	24.10	2:30:31	6:14	3	8:16	44	38:16	
Schwindebeck	9.40	1:06:28	7:04	4	7:41	48	22:34	33.50	3:36:59	6:28	4	15:18	49	1:19:39	
Bispingen	8.90	1:05:04	7:18	4	7:36	44	23:02	42.40	4:42:03	6:39	4	18:48	51	2:24:43	
Overhaverbeck	10.80	1:28:08	8:09	2	16:57	44	34:28	53.20	6:10:11	6:57	4	31:01	45	1:55:49	
Undeloh	6.90	50:41	7:20	2	0:13	22	16:05	60.10	7:00:52	7:00	3	1:02:51	43	2:03:53	
Egestorf	9.20	1:20:26	8:44	1	-	29	30:50	69.30	8:21:18	7:14	1	-	33	2:29:09	
Salzhausen	10.70	1:30:27	8:27	2	0:14	29	33:00	80.00	9:51:45	7:23	1	-	33	2:59:30	
Südergellersen	10.90	1:37:32	8:56	1	-	32	33:21	90.90	11:29:17	7:34	1	-	29	3:32:51	
Sülzwiesen	9.10	1:18:49	8:39	2	16:50	36	32:34	100.00	12:48:06	7:40	1	-	29	4:05:25	