



3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

□□□□

Fischer Markus

□□□: 12:51:44

□□: 35

□□: 7.77 km/h

□□□□: 07:43 min/km

□□: 100.00 km

□□□□□/□□□□: 34 (of 102)

Ultra-Marathon

□□□□□/□: 30 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 5(of 10)

Senioren M35 (35-39 Jahre)

□□□□□□□: 9:56:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:35	5:29	5	8:32	16	8:38	10.30	56:35	5:29	5	8:32	16	8:38	
Amelinghausen	13.80	1:18:28	5:41	4	14:16	16	14:16	24.10	2:15:03	5:36	4	22:48	13	22:48	
Schwindebeck	9.40	53:45	5:43	5	9:51	14	9:51	33.50	3:08:48	5:38	6	51:28	17	51:28	
Bispingen	8.90	58:28	6:34	5	16:26	30	16:26	42.40	4:07:16	5:49	6	1:49:56	20	1:49:56	
Overhaverbeck	10.80	1:19:21	7:20	5	23:49	29	25:41	53.20	5:26:37	6:08	6	1:12:15	21	1:12:15	
Undeloh	6.90	55:00	7:58	4	12:23	29	20:24	60.10	6:21:37	6:20	7	1:24:38	26	1:24:38	
Egestorf	9.20	1:20:45	8:46	3	20:54	31	31:09	69.30	7:42:22	6:40	4	1:45:32	22	1:50:13	
Salzhausen	10.70	1:40:31	9:23	7	27:48	41	43:04	80.00	9:22:53	7:02	4	2:07:11	25	2:30:38	
Südergellersen	10.90	1:51:07	10:11	6	38:00	51	46:56	90.90	11:14:00	7:24	5	2:25:52	28	3:17:34	
Sülzwiesen	9.10	1:37:44	10:44	6	40:28	54	51:29	100.00	12:51:44	7:43	5	2:55:23	30	4:09:03	