



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

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Janyga Jürgen

□□: SV Gladbeck 13

□□: 56

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 13:00:35

□□: 7.69 km/h

□□□□: 07:48 min/km

□□□□□/□□□: 35 (of 102)

□□□□□/□: 31 (of 86)

□□□□□□: 8:42:41

□□□□□: 4(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:39	6:10	7	8:18	45	15:42	10.30	1:03:39	6:10	7	8:18	45	15:42	
Amelinghausen	13.80	1:29:10	6:27	8	14:53	49	24:58	24.10	2:32:49	6:20	8	22:09	50	40:34	
Schwindebeck	9.40	1:04:03	6:48	7	7:17	43	20:09	33.50	3:36:52	6:28	7	28:05	47	1:19:32	
Bispingen	8.90	1:03:29	7:07	5	10:23	40	21:27	42.40	4:40:21	6:36	8	31:44	49	2:23:01	
Overhaverbeck	10.80	1:17:17	7:09	3	12:04	27	23:37	53.20	5:57:38	6:43	6	43:48	38	1:43:16	
Undeloh	6.90	53:29	7:45	4	12:57	26	18:53	60.10	6:51:07	6:50	6	1:11:58	41	1:54:08	
Egestorf	9.20	1:19:04	8:35	4	21:57	26	29:28	69.30	8:10:11	7:04	4	1:18:42	31	2:18:02	
Salzhausen	10.70	1:32:39	8:39	6	23:50	33	35:12	80.00	9:42:50	7:17	4	1:42:32	30	2:50:35	
Südergellersen	10.90	1:50:59	10:10	9	32:11	50	46:48	90.90	11:33:49	7:37	4	2:14:43	30	3:37:23	
Sülzwiesen	9.10	1:26:46	9:32	10	34:35	45	40:31	100.00	13:00:35	7:48	4	2:49:18	31	4:17:54	