



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

□□□□

Schneider Michael

□□: LAZ Puma - TV 1888 Ruppichteroth
□□: 115

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 13:09:47

□□: 7.60 km/h
□□□□: 07:53 min/km

□□□□□/□□□□: 36 (of 102)

□□□□□/□: 32 (of 86)

□□□□□□: 8:42:41

□□□□□: 10(of 15)

□□□□□□□: 9:44:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:24	6:15	11	16:03	50	16:27	10.30	1:04:24	6:15	11	16:03	50	16:27
Amelinghausen	13.80	1:29:27	6:28	11	24:13	52	25:15	24.10	2:33:51	6:23	11	40:16	53	41:36
Schwindebeck	9.40	1:05:56	7:00	10	20:32	47	22:02	33.50	3:39:47	6:33	10	1:00:48	50	1:22:27
Bispingen	8.90	1:05:34	7:22	10	20:22	47	23:32	42.40	4:45:21	6:43	10	1:21:10	52	2:28:01
Overhaverbeck	10.80	1:22:56	7:40	8	22:38	33	29:16	53.20	6:08:17	6:55	10	1:43:48	43	1:53:55
Undeloh	6.90	54:00	7:49	7	11:05	27	19:24	60.10	7:02:17	7:01	10	1:50:59	44	2:05:18
Egestorf	9.20	1:23:08	9:02	9	19:08	32	33:32	69.30	8:25:25	7:17	10	2:08:43	35	2:33:16
Salzhausen	10.70	1:40:47	9:25	12	27:55	42	43:20	80.00	10:06:12	7:34	10	2:36:38	35	3:13:57
Südergellersen	10.90	1:38:31	9:02	9	17:55	34	34:20	90.90	11:44:43	7:45	10	2:52:09	32	3:48:17
Sülzwiesen	9.10	1:25:04	9:20	11	33:09	42	38:49	100.00	13:09:47	7:53	10	3:25:18	32	4:27:06