



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

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Plötz Timo

□□: LG Ultralauf/Lauftreff Butzbach
□□: 93

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 13:11:04

□□: 7.58 km/h
□□□□: 07:55 min/km

□□□□□/□□□: 37 (of 102)

□□□□□/□: 33 (of 86)

□□□□□□: 8:42:41

□□□□□: 5(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:25	6:50	15	15:04	68	22:28	10.30	1:10:25	6:50	15	15:04	68	22:28
Amelinghausen	13.80	1:33:54	6:48	10	19:37	59	29:42	24.10	2:44:19	6:49	13	33:39	64	52:04
Schwindebeck	9.40	1:09:24	7:22	11	12:38	55	25:30	33.50	3:53:43	6:58	11	44:56	60	1:36:23
Bispingen	8.90	1:08:38	7:42	9	15:32	51	26:36	42.40	5:02:21	7:07	12	53:44	60	2:45:01
Overhaverbeck	10.80	1:18:47	7:17	4	13:34	28	25:07	53.20	6:21:08	7:09	8	1:07:18	48	2:06:46
Undeloh	6.90	53:14	7:42	3	12:42	25	18:38	60.10	7:14:22	7:13	8	1:35:13	47	2:17:23
Egestorf	9.20	1:27:40	9:31	7	30:33	34	38:04	69.30	8:42:02	7:31	6	1:50:33	38	2:49:53
Salzhausen	10.70	1:36:27	9:00	7	27:38	37	39:00	80.00	10:18:29	7:43	6	2:18:11	37	3:26:14
Südergellersen	10.90	1:33:40	8:35	5	14:52	27	29:29	90.90	11:52:09	7:50	5	2:33:03	34	3:55:43
Sülzwiesen	9.10	1:18:55	8:40	7	26:44	37	32:40	100.00	13:11:04	7:54	5	2:59:47	33	4:28:23