



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

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Tesch Thomas

□□: Open-sports-Hamburg

□□: 136

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 13:15:12

□□: 7.55 km/h

□□□□: 07:57 min/km

□□□□□/□□□: 38 (of 102)

□□□□□/□: 34 (of 86)

□□□□□□: 8:42:41

□□□□□: 2(of 7)

□□□□□□□: 12:48:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:02:41	6:05	3	2:21	40	14:44	10.30	1:02:41	6:05	3	2:21	40	14:44
Amelinghausen	13.80	1:22:11	5:57	2	0:16	31	17:59	24.10	2:24:52	6:00	2	2:37	34	32:37
Schwindebeck	9.40	58:47	6:15	1	-	34	14:53	33.50	3:23:39	6:04	2	1:58	36	1:06:19
Bispingen	8.90	59:36	6:41	2	2:08	33	17:34	42.40	4:23:15	6:12	1	-	40	2:05:55
Overhaverbeck	10.80	1:45:47	9:47	5	34:36	64	52:07	53.20	6:09:02	6:56	3	29:52	44	1:54:40
Undeloh	6.90	1:11:15	10:19	4	20:47	56	36:39	60.10	7:20:17	7:19	5	1:22:16	49	2:23:18
Egestorf	9.20	1:35:32	10:23	3	15:06	45	45:56	69.30	8:55:49	7:43	2	34:31	39	3:03:40
Salzhausen	10.70	1:30:13	8:25	1	-	28	32:46	80.00	10:26:02	7:49	2	34:17	39	3:33:47
Südergellersen	10.90	1:47:11	9:50	4	9:39	45	43:00	90.90	12:13:13	8:03	2	43:56	40	4:16:47
Sülzwiesen	9.10	1:01:59	6:48	1	-	12	15:44	100.00	13:15:12	7:57	2	27:06	34	4:32:31