



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

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Kloss Ingo

□□: Team Erdinger Alkoholfrei

□□: 62

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 13:15:39

□□: 7.54 km/h

□□□□: 07:57 min/km

□□□□□/□□□: 39 (of 102)

□□□□□/□: 35 (of 86)

□□□□□□: 8:42:41

□□□□□: 6(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:12:34	7:02	18	17:13	77	24:37	10.30	1:12:34	7:02	18	17:13	77	24:37
Amelinghausen	13.80	1:43:35	7:30	16	29:18	76	39:23	24.10	2:56:09	7:18	16	45:29	76	1:03:54
Schwindebeck	9.40	1:17:58	8:17	14	21:12	69	34:04	33.50	4:14:07	7:35	17	1:05:20	76	1:56:47
Bispingen	8.90	1:09:00	7:45	10	15:54	53	26:58	42.40	5:23:07	7:37	14	1:14:30	71	3:05:47
Overhaverbeck	10.80	1:33:15	8:38	8	28:02	49	39:35	53.20	6:56:22	7:49	11	1:42:32	58	2:42:00
Undeloh	6.90	1:03:27	9:11	7	22:55	44	28:51	60.10	7:59:49	7:59	10	2:20:40	58	3:02:50
Egestorf	9.20	1:20:43	8:46	6	23:36	30	31:07	69.30	9:20:32	8:05	8	2:29:03	46	3:28:23
Salzhausen	10.70	1:29:59	8:24	4	21:10	25	32:32	80.00	10:50:31	8:07	7	2:50:13	43	3:58:16
Südergellersen	10.90	1:21:56	7:31	2	3:08	9	17:45	90.90	12:12:27	8:03	6	2:53:21	39	4:16:01
Sülzwiesen	9.10	1:03:12	6:56	3	11:01	14	16:57	100.00	13:15:39	7:57	6	3:04:22	35	4:32:58