



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

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gut HHLA läuft

□□: HHLA läuft gut

□□: 311

□□: 100.00 km

5-10er-Staffel

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5-10er Staffel

□□□: 9:17:02

□□: 10.77 km/h

□□□□: 05:34 min/km

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□□□□□□: 7:05:57

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Südergellersen	10.30	1:04:04	6:13	23	25:55	23	25:55	10.30	1:04:04	6:13	23	25:55	23	25:55
Amelinghausen	13.80	1:04:31	4:40	4	13:27	4	13:27	24.10	2:08:35	5:20	15	1:03:15	15	1:03:15
Schwindebeck	9.40	48:41	5:10	7	12:01	7	12:01	33.50	2:57:16	5:17	12	51:23	12	51:23
Bispingen	8.90	39:28	4:26	1	-	1	-	42.40	3:36:44	5:06	6	46:35	6	46:35
Overhaverbeck	10.80	50:21	4:39	3	3:30	3	3:30	53.20	4:27:05	5:01	5	50:05	5	50:05
Undeloh	6.90	36:07	5:14	8	6:26	8	6:26	60.10	5:03:12	5:02	5	56:16	5	56:16
Egestorf	9.20	44:32	4:50	3	4:33	3	4:33	69.30	5:47:44	5:01	4	1:00:49	4	1:00:49
Salzhausen	10.70	1:02:34	5:50	13	22:53	13	22:53	80.00	6:50:18	5:07	5	1:23:42	5	1:23:42
Südergellersen	10.90	1:22:12	7:32	29	33:18	29	33:18	90.90	8:12:30	5:25	7	1:51:44	7	1:51:44
Sülzwiesen	9.10	1:04:32	7:05	28	24:34	28	24:34	100.00	9:17:02	5:34	6	2:11:05	6	2:11:05