



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

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Santos David Eusebio Rubio de los      □□□: 13:21:43

□□: 100

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M35 (35-39 Jahre)

□□: 7.48 km/h  
□□□□: 08:01 min/km

□□□□□/□□□□: 42 (of 102)

□□□□□/□: 36 (of 86)

□□□□□□: 8:42:41

□□□□□: 6(of 10)

□□□□□□□: 9:56:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:08:33	6:39	10	20:30	62	20:36	10.30	1:08:33	6:39	10	20:30	62	20:36	
Amelinghausen	13.80	1:35:02	6:53	10	30:50	61	30:50	24.10	2:43:35	6:47	10	51:20	62	51:20	
Schwindebeck	9.40	1:12:14	7:41	9	28:20	63	28:20	33.50	3:55:49	7:02	10	1:38:29	62	1:38:29	
Bispingen	8.90	1:08:06	7:39	9	26:04	50	26:04	42.40	5:03:55	7:10	10	2:46:35	61	2:46:35	
Overhaverbeck	10.80	1:25:54	7:57	8	30:22	39	32:14	53.20	6:29:49	7:19	9	2:15:27	49	2:15:27	
Undeloh	6.90	57:33	8:20	6	14:56	33	22:57	60.10	7:27:22	7:26	9	2:30:23	51	2:30:23	
Egestorf	9.20	1:36:44	10:30	7	36:53	48	47:08	69.30	9:04:06	7:51	8	3:07:16	42	3:11:57	
Salzhausen	10.70	1:30:11	8:25	4	17:28	27	32:44	80.00	10:34:17	7:55	8	3:18:35	40	3:42:02	
Südergellersen	10.90	1:36:04	8:48	4	22:57	29	31:53	90.90	12:10:21	8:02	8	3:22:13	38	4:13:55	
Sülzwiesen	9.10	1:11:22	7:50	5	14:06	32	25:07	100.00	13:21:43	8:01	6	3:25:22	36	4:39:02	