



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

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#### alkoholfrei Team Erdinger

□□: Team Erdinger alkoholfrei

□□: 218

□□: 100.00 km

2-er-Staffel

□□□□:

2er Staffel

□□□: 13:21:45

□□: 7.48 km/h

□□□□: 08:01 min/km

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Südergellersen	10.30	1:10:05	6:48	11	19:42	11	19:42	10.30	1:10:05	6:48	11	19:42	11	19:42
Amelinghausen	13.80	1:35:20	6:54	8	28:27	8	28:27	24.10	2:45:25	6:51	11	48:09	11	48:09
Schwindebeck	9.40	1:12:59	7:45	6	26:07	6	26:07	33.50	3:58:24	7:06	7	1:14:16	7	1:14:16
Bispingen	8.90	1:21:08	9:06	9	35:09	9	35:09	42.40	5:19:32	7:32	9	1:49:25	9	1:49:25
Overhaverbeck	10.80	1:33:32	8:39	7	31:01	7	31:01	53.20	6:53:04	7:45	7	2:13:24	7	2:13:24
Undeloh	6.90	46:43	6:46	8	16:36	8	16:36	60.10	7:39:47	7:39	10	2:25:07	10	2:25:07
Egestorf	9.20	1:11:07	7:43	5	27:51	5	27:51	69.30	8:50:54	7:39	7	2:46:17	7	2:46:17
Salzhausen	10.70	1:29:55	8:24	9	38:40	9	38:40	80.00	10:20:49	7:45	9	3:14:07	9	3:14:07
Südergellersen	10.90	1:37:35	8:57	9	38:06	9	38:06	90.90	11:58:24	7:54	8	3:36:11	8	3:36:11
Sülzwiesen	9.10	1:23:21	9:09	10	34:25	10	34:25	100.00	13:21:45	8:01	8	4:03:10	8	4:03:10