



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

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Brinkmann Thomas

□□□: 13:26:12

□□: 14

□□: 7.44 km/h

□□□□: 08:04 min/km

□□: 100.00 km

□□□□□/□□□: 43 (of 102)

Ultra-Marathon

□□□□□/□: 37 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 3(of 8)

Senioren M30 (30-34 Jahre)

□□□□□□□: 9:42:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:27	6:15	5	16:30	51	16:30	10.30	1:04:27	6:15	5	16:30	51	16:30	
Amelinghausen	13.80	1:27:46	6:21	5	23:28	45	23:34	24.10	2:32:13	6:18	5	39:58	49	39:58	
Schwindebeck	9.40	59:44	6:21	4	15:11	36	15:50	33.50	3:31:57	6:19	4	55:09	42	1:14:37	
Bispingen	8.90	1:02:10	6:59	5	18:12	36	20:08	42.40	4:34:07	6:27	5	1:13:21	47	2:16:47	
Overhaverbeck	10.80	1:31:52	8:30	5	33:20	46	38:12	53.20	6:05:59	6:52	4	1:46:41	42	1:51:37	
Undeloh	6.90	58:57	8:32	3	18:36	37	24:21	60.10	7:04:56	7:04	5	2:05:17	46	2:07:57	
Egestorf	9.20	1:30:34	9:50	3	33:12	39	40:58	69.30	8:35:30	7:26	3	2:33:19	37	2:43:21	
Salzhausen	10.70	1:45:00	9:48	4	39:41	51	47:33	80.00	10:20:30	7:45	3	3:04:15	38	3:28:15	
Südergellersen	10.90	1:39:30	9:07	4	32:54	35	35:19	90.90	12:00:00	7:55	3	3:12:23	36	4:03:34	
Sülzwiesen	9.10	1:26:12	9:28	4	34:17	44	39:57	100.00	13:26:12	8:03	3	3:43:30	37	4:43:31	