



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

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Fehling Christian

□□: 100 Marathon Club

□□: 32

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 13:36:54

□□: 7.34 km/h

□□□□: 08:10 min/km

□□□□□/□□□: 45 (of 102)

□□□□□/□: 39 (of 86)

□□□□□□: 8:42:41

□□□□□: 7(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:12:32	7:02	17	17:11	75	24:35	10.30	1:12:32	7:02	17	17:11	75	24:35	
Amelinghausen	13.80	1:43:37	7:30	17	29:20	77	39:25	24.10	2:56:09	7:18	16	45:29	76	1:03:54	
Schwindebeck	9.40	1:17:57	8:17	13	21:11	68	34:03	33.50	4:14:06	7:35	16	1:05:19	74	1:56:46	
Bispingen	8.90	1:09:01	7:45	11	15:55	54	26:59	42.40	5:23:07	7:37	14	1:14:30	71	3:05:47	
Overhaverbeck	10.80	1:33:56	8:41	9	28:43	51	40:16	53.20	6:57:03	7:50	12	1:43:13	59	2:42:41	
Undeloh	6.90	1:03:04	9:08	6	22:32	43	28:28	60.10	8:00:07	7:59	11	2:20:58	59	3:03:08	
Egestorf	9.20	1:20:24	8:44	5	23:17	28	30:48	69.30	9:20:31	8:05	7	2:29:02	45	3:28:22	
Salzhausen	10.70	1:30:01	8:24	5	21:12	26	32:34	80.00	10:50:32	8:07	8	2:50:14	44	3:58:17	
Südergellersen	10.90	1:35:19	8:44	6	16:31	28	31:08	90.90	12:25:51	8:12	7	3:06:45	43	4:29:25	
Sülzwiesen	9.10	1:11:03	7:48	5	18:52	31	24:48	100.00	13:36:54	8:10	7	3:25:37	39	4:54:13	