



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

□□□□

**Siems Rafael**

□□: Küstenläufer  
□□: 124

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Senioren M35 (35-39 Jahre)

□□□: 13:38:22

□□: 7.33 km/h  
□□□□: 08:11 min/km

□□□□□/□□□: 47 (of 102)

□□□□□/□: 41 (of 86)

□□□□□□: 8:42:41

□□□□□: 8(of 10)

□□□□□□□: 9:56:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:51	5:31	7	8:48	20	8:54	10.30	56:51	5:31	7	8:48	20	8:54	
Amelinghausen	13.80	1:19:39	5:46	6	15:27	19	15:27	24.10	2:16:30	5:39	7	24:15	20	24:15	
Schwindebeck	9.40	57:17	6:05	8	13:23	25	13:23	33.50	3:13:47	5:47	8	56:27	23	56:27	
Bispingen	8.90	1:00:48	6:49	8	18:46	34	18:46	42.40	4:14:35	6:00	8	1:57:15	28	1:57:15	
Overhaverbeck	10.80	1:28:42	8:12	9	33:10	45	35:02	53.20	5:43:17	6:27	8	1:28:55	33	1:28:55	
Undeloh	6.90	55:06	7:59	5	12:29	30	20:30	60.10	6:38:23	6:37	8	1:41:24	34	1:41:24	
Egestorf	9.20	1:23:42	9:05	4	23:51	33	34:06	69.30	8:02:05	6:57	7	2:05:15	29	2:09:56	
Salzhausen	10.70	1:33:12	8:42	5	20:29	34	35:45	80.00	9:35:17	7:11	6	2:19:35	28	2:43:02	
Südergellersen	10.90	2:15:53	12:27	8	1:02:46	58	1:11:42	90.90	11:51:10	7:49	6	3:03:02	33	3:54:44	
Sülzwiesen	9.10	1:47:12	11:46	8	49:56	57	1:00:57	100.00	13:38:22	8:11	8	3:42:01	41	4:55:41	