



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

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3 Stade Night Runners Team

□□: Stade Night Runners
□□: 216

□□: 100.00 km
2-er-Staffel

□□□□:
2er Staffel

□□□: 13:39:08

□□: 7.32 km/h
□□□□: 08:11 min/km

□□□□□/□□□: 10 (of 11)

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□□□□□□: 9:18:35

□□□□□: 10(of 11)

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 1:04:10 | 6:13 | 8 | 13:47 | 8 | 13:47 | 10.30 | 1:04:10 | 6:13 | 8 | 13:47 | 8 | 13:47 |
| Amelinghausen | 13.80 | 1:37:51 | 7:05 | 11 | 30:58 | 11 | 30:58 | 24.10 | 2:42:01 | 6:43 | 9 | 44:45 | 9 | 44:45 |
| Schwindebeck | 9.40 | 1:25:52 | 9:08 | 11 | 39:00 | 11 | 39:00 | 33.50 | 4:07:53 | 7:23 | 11 | 1:23:45 | 11 | 1:23:45 |
| Bispingen | 8.90 | 1:30:20 | 10:08 | 11 | 44:21 | 11 | 44:21 | 42.40 | 5:38:13 | 7:58 | 11 | 2:08:06 | 11 | 2:08:06 |
| Overhaverbeck | 10.80 | 1:59:23 | 11:03 | 11 | 56:52 | 11 | 56:52 | 53.20 | 7:37:36 | 8:36 | 11 | 2:57:56 | 11 | 2:57:56 |
| Undeloh | 6.90 | - | - | 10 | | 10 | | 60.10 | 7:37:36 | 7:36 | 7 | 2:22:56 | 7 | 2:22:56 |
| Egestorf | 9.20 | 1:46:27 | 11:34 | 10 | 1:03:11 | 10 | 1:03:11 | 69.30 | 9:24:03 | 8:08 | 11 | 3:19:26 | 11 | 3:19:26 |
| Salzhausen | 10.70 | 1:23:23 | 7:47 | 6 | 32:08 | 6 | 32:08 | 80.00 | 10:47:26 | 8:05 | 11 | 3:40:44 | 11 | 3:40:44 |
| Südergellersen | 10.90 | 1:36:04 | 8:48 | 8 | 36:35 | 8 | 36:35 | 90.90 | 12:23:30 | 8:10 | 11 | 4:01:17 | 11 | 4:01:17 |
| Sülzwiesen | 9.10 | 1:15:38 | 8:18 | 9 | 26:42 | 9 | 26:42 | 100.00 | 13:39:08 | 8:11 | 10 | 4:20:33 | 10 | 4:20:33 |