



### 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

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□□□□□□: 9:18:35

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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