



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

□□□□

Goumairi Khalid

□□: Sportspaß

□□: 42

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 13:45:44

□□: 7.27 km/h

□□□□: 08:15 min/km

□□□□□/□□□□: 49 (of 102)

□□□□□/□: 42 (of 86)

□□□□□□: 8:42:41

□□□□□: 5(of 11)

□□□□□□□: 10:40:25

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:36	5:47	2	3:11	32	11:39	10.30	59:36	5:47	2	3:11	32	11:39
Amelinghausen	13.80	1:25:23	6:11	4	4:11	37	21:11	24.10	2:24:59	6:00	3	7:22	36	32:44
Schwindebeck	9.40	1:09:45	7:25	6	15:31	56	25:51	33.50	3:34:44	6:24	5	20:16	46	1:17:24
Bispingen	8.90	1:11:07	7:59	5	17:48	56	29:05	42.40	4:45:51	6:44	7	1:04:36	53	2:28:31
Overhaverbeck	10.80	1:35:15	8:49	5	28:37	54	41:35	53.20	6:21:06	7:09	5	1:00:11	47	2:06:44
Undeloh	6.90	1:00:15	8:43	5	12:50	39	25:39	60.10	7:21:21	7:20	5	1:12:08	50	2:24:22
Egestorf	9.20	1:37:36	10:36	8	36:06	50	48:00	69.30	8:58:57	7:46	5	1:48:14	41	3:06:48
Salzhausen	10.70	1:46:22	9:56	8	33:10	53	48:55	80.00	10:45:19	8:03	5	2:21:24	42	3:53:04
Südergellersen	10.90	1:39:32	9:07	5	16:57	36	35:21	90.90	12:24:51	8:11	5	2:38:21	42	4:28:25
Sülzwiesen	9.10	1:20:53	8:53	5	26:58	39	34:38	100.00	13:45:44	8:15	5	3:05:19	42	5:03:03