



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

□□□□

Läufer Otter sind auch nur

□□: 212

□□: 100.00 km

2-er-Staffel

□□□□:

2er Staffel

□□□: 13:47:27

□□: 7.25 km/h

□□□□: 08:16 min/km

□□□□□/□□□: 11 (of 11)

□□□□□/□□□: 11 (of 11)

□□□□□□: 9:18:35

□□□□□: 11(of 11)

□□□□□□□: 9:18:35

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 58:57 | 5:43 | 3 | 8:34 | 3 | 8:34 | 10.30 | 58:57 | 5:43 | 3 | 8:34 | 3 | 8:34 |
| Amelinghausen | 13.80 | 1:20:20 | 5:49 | 4 | 13:27 | 4 | 13:27 | 24.10 | 2:19:17 | 5:46 | 3 | 22:01 | 3 | 22:01 |
| Schwindebeck | 9.40 | 59:00 | 6:16 | 3 | 12:08 | 3 | 12:08 | 33.50 | 3:18:17 | 5:55 | 3 | 34:09 | 3 | 34:09 |
| Bispingen | 8.90 | 1:06:55 | 7:31 | 4 | 20:56 | 4 | 20:56 | 42.40 | 4:25:12 | 6:15 | 3 | 55:05 | 3 | 55:05 |
| Overhaverbeck | 10.80 | 1:30:11 | 8:21 | 6 | 27:40 | 6 | 27:40 | 53.20 | 5:55:23 | 6:40 | 5 | 1:15:43 | 5 | 1:15:43 |
| Undeloh | 6.90 | 55:18 | 8:00 | 9 | 25:11 | 9 | 25:11 | 60.10 | 6:50:41 | 6:49 | 6 | 1:36:01 | 6 | 1:36:01 |
| Egestorf | 9.20 | 1:30:01 | 9:47 | 9 | 46:45 | 9 | 46:45 | 69.30 | 8:20:42 | 7:13 | 6 | 2:16:05 | 6 | 2:16:05 |
| Salzhausen | 10.70 | 1:47:57 | 10:05 | 11 | 56:42 | 11 | 56:42 | 80.00 | 10:08:39 | 7:36 | 6 | 3:01:57 | 6 | 3:01:57 |
| Südergellersen | 10.90 | 1:59:57 | 11:00 | 11 | 1:00:28 | 11 | 1:00:28 | 90.90 | 12:08:36 | 8:00 | 9 | 3:46:23 | 9 | 3:46:23 |
| Sülzwiesen | 9.10 | 1:38:51 | 10:51 | 11 | 49:55 | 11 | 49:55 | 100.00 | 13:47:27 | 8:16 | 11 | 4:28:52 | 11 | 4:28:52 |