



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

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Woelfle Tobias

□□□: 13:49:51

□□: 146

□□: 7.23 km/h

□□□□: 08:18 min/km

□□: 100.00 km

□□□□□/□□□: 50 (of 102)

Ultra-Marathon

□□□□□/□: 43 (of 86)

□□□□□□: 8:42:41

□□□□:

□□□□□: 4(of 8)

Senioren M30 (30-34 Jahre)

□□□□□□□: 9:42:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:01	6:47	7	22:04	66	22:04	10.30	1:10:01	6:47	7	22:04	66	22:04	
Amelinghausen	13.80	1:38:36	7:08	7	34:18	69	34:24	24.10	2:48:37	6:59	7	56:22	67	56:22	
Schwindebeck	9.40	1:11:35	7:36	6	27:02	61	27:41	33.50	4:00:12	7:10	7	1:23:24	67	1:42:52	
Bispingen	8.90	1:12:19	8:07	6	28:21	58	30:17	42.40	5:12:31	7:22	6	1:51:45	65	2:55:11	
Overhaverbeck	10.80	1:26:04	7:58	4	27:32	41	32:24	53.20	6:38:35	7:29	5	2:19:17	50	2:24:13	
Undeloh	6.90	-	-	6		63		60.10	6:38:35	6:37	4	1:38:56	35	1:41:36	
Egestorf	9.20	2:39:46	17:21	4	1:42:24	60	1:50:10	69.30	9:18:21	8:03	4	3:16:10	44	3:26:12	
Salzhausen	10.70	1:34:12	8:48	3	28:53	36	36:45	80.00	10:52:33	8:09	4	3:36:18	45	4:00:18	
Südergellersen	10.90	1:37:06	8:54	3	30:30	31	32:55	90.90	12:29:39	8:14	4	3:42:02	44	4:33:13	
Sülzwiesen	9.10	1:20:12	8:48	3	28:17	38	33:57	100.00	13:49:51	8:17	4	4:07:09	43	5:07:10	