



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

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Schulz-Meinen Samir

□□: Triabolos Triathlon Hamburg e.V.
□□: 117

□□: 100.00 km
Ultra-Marathon

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 14:00:37

□□: 7.14 km/h
□□□□: 08:24 min/km

□□□□□/□□□: 52 (of 102)

□□□□□/□: 45 (of 86)

□□□□□□: 8:42:41

□□□□□: 8(of 20)

□□□□□□□: 10:11:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:16	6:20	10	9:55	55	17:19	10.30	1:05:16	6:20	10	9:55	55	17:19	
Amelinghausen	13.80	1:24:21	6:06	4	10:04	36	20:09	24.10	2:29:37	6:12	5	18:57	41	37:22	
Schwindebeck	9.40	57:16	6:05	2	0:30	24	13:22	33.50	3:26:53	6:10	5	18:06	38	1:09:33	
Bispingen	8.90	56:12	6:18	3	3:06	20	14:10	42.40	4:23:05	6:12	6	14:28	39	2:05:45	
Overhaverbeck	10.80	1:23:22	7:43	7	18:09	34	29:42	53.20	5:46:27	6:30	4	32:37	35	1:32:05	
Undeloh	6.90	1:03:52	9:15	8	23:20	46	29:16	60.10	6:50:19	6:49	5	1:11:10	39	1:53:20	
Egestorf	9.20	1:42:43	11:09	9	45:36	55	53:07	69.30	8:33:02	7:24	5	1:41:33	36	2:40:53	
Salzhausen	10.70	1:45:23	9:50	9	36:34	52	47:56	80.00	10:18:25	7:43	5	2:18:07	36	3:26:10	
Südergellersen	10.90	2:28:47	13:38	10	1:09:59	59	1:24:36	90.90	12:47:12	8:26	8	3:28:06	45	4:50:46	
Sülzwiesen	9.10	1:13:25	8:04	6	21:14	33	27:10	100.00	14:00:37	8:24	8	3:49:20	45	5:17:56	