



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Frischmuth, Manuela

□□: Manuelas Haarstudio

□□: 49

□□: 100.00 km
Ultra-Marathon

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 9)

□□□□□□: 10:10:50

□□□□□: DNF(of 3)

□□□□□□□: 11:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:15:36	7:16	3	9:38	7	16:21	10.40	1:15:36	7:16	3	9:38	7	16:21	
Amelinghausen	13.60	1:55:49	8:30	3	26:18	8	34:54	24.00	3:11:25	7:58	3	35:56	8	51:15	
Schwindebeck	8.30	1:14:20	8:57	3	20:07	8	26:31	32.30	4:25:45	8:13	3	56:03	8	1:17:46	
Bispingen	9.60	1:27:16	9:05	3	20:43	8	29:35	41.90	5:53:01	8:25	3	1:16:46	8	1:47:21	
Overhaverbeck	10.80	1:51:13	10:17	3	39:25	7	44:20	52.70	7:44:14	8:48	3	1:56:11	7	2:29:40	
Undeloh	6.90	1:10:59	10:17	3	22:49	7	25:35	59.60	8:55:13	8:58	3	2:19:00	7	2:54:38	
Egestorf	9.20	1:41:14	11:00	3	35:37	7	45:31	68.80	10:36:27	9:15	3	2:54:37	7	3:40:09	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	