



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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**Brämer, Rita**

□□: Lauf-Werwölfe

□□: 13

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□□□/□□□: DNF (of 59)

□□□□□/□: DNF (of 9)

□□□□□□: 10:10:50

□□□□□: DNF(of 2)

□□□□□□□: 10:56:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:27:10	8:22	2	27:55	9	27:55	10.40	1:27:10	8:22	2	27:55	9	27:55	
Amelinghausen	13.60	2:05:55	9:15	2	45:00	9	45:00	24.00	3:33:05	8:52	2	1:12:55	9	1:12:55	
Schwindebeck	8.30	1:16:57	9:16	2	29:08	9	29:08	32.30	4:50:02	8:58	2	1:42:03	9	1:42:03	
Bispingen	9.60	1:35:50	9:58	2	38:09	9	38:09	41.90	6:25:52	9:12	2	2:20:12	9	2:20:12	
Overhaverbeck	10.80	2:11:12	12:08	2	1:02:18	8	1:04:19	52.70	8:37:04	9:48	2	3:22:30	8	3:22:30	
Undeloh	6.90	1:18:25	11:21	2	32:17	8	33:01	59.60	9:55:29	9:59	2	3:54:47	8	3:54:54	
Egestorf	9.20	fehlt!	-	-	-	-	-	68.80	-	-	-	-	-	-	
Salzhausen	10.60	fehlt!	-	-	-	-	-	79.40	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.30	-	-	-	-	-	-	
Sülzwiesen	9.70	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	