



# 1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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**Drissen, Kathrin**

□□□: 13:33:28

□□: Die dicken Kinder von Kronsforde

□□: 7.38 km/h

□□: 20

□□□□: 8:08 min/km

□□: 100.00 km

□□□□□/□□□: 36 (of 59)

Ultra-Marathon

□□□□□/□: 5 (of 9)

□□□□□□: 10:10:50

□□□□:

□□□□□: 2(of 3)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 11:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:14:34	7:10	2	8:36	6	15:19	10.40	1:14:34	7:10	2	8:36	6	15:19	
Amelinghausen	13.60	1:40:56	7:25	2	11:25	7	20:01	24.00	2:55:30	7:18	2	20:01	7	35:20	
Schwindebeck	8.30	59:04	7:06	2	4:51	5	11:15	32.30	3:54:34	7:15	2	24:52	7	46:35	
Bispingen	9.60	1:10:30	7:20	2	3:57	5	12:49	41.90	5:05:04	7:16	2	28:49	6	59:24	
Overhaverbeck	10.80	1:26:18	7:59	2	14:30	5	19:25	52.70	6:31:22	7:25	2	43:19	6	1:16:48	
Undeloh	6.90	56:32	8:11	2	8:22	5	11:08	59.60	7:27:54	7:30	2	51:41	5	1:27:19	
Egestorf	9.20	1:21:12	8:49	2	15:35	5	25:29	68.80	8:49:06	7:41	2	1:07:16	5	1:52:48	
Salzhausen	10.60	1:32:10	8:41	2	17:41	5	26:29	79.40	10:21:16	7:49	2	1:24:57	5	2:19:17	
Südergellersen	10.90	1:39:07	9:05	2	21:44	5	28:53	90.30	12:00:23	7:58	2	1:46:41	5	2:48:10	
Sülzwiesen	9.70	1:33:05	9:35	2	28:21	5	34:28	100.00	13:33:28	8:08	2	2:15:02	5	3:22:38	