



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

□□□□

Trost Karin

□□□: 14:28:56

□□: 140

□□: 6.91 km/h

□□□□: 08:41 min/km

□□: 100.00 km

□□□□□/□□□: 57 (of 102)

Ultra-Marathon

□□□□□/□: 10 (of 16)

□□□□□□: 8:42:41

□□□□:

□□□□□: 2(of 5)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 10:03:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:11:31	6:56	5	20:30	10	20:30	10.30	1:11:31	6:56	5	20:30	10	20:30	
Amelinghausen	13.80	1:36:07	6:57	4	25:54	10	25:54	24.10	2:47:38	6:57	4	46:24	10	46:24	
Schwindebeck	9.40	1:08:09	7:15	4	16:29	8	16:29	33.50	3:55:47	7:02	4	1:02:53	10	1:02:53	
Bispingen	8.90	1:12:21	8:07	4	20:44	10	20:44	42.40	5:08:08	7:16	4	1:23:37	10	1:23:37	
Overhaverbeck	10.80	1:34:17	8:43	4	22:21	12	28:15	53.20	6:42:25	7:33	4	1:45:58	10	1:45:58	
Undeloh	6.90	1:06:12	9:35	4	20:13	12	25:02	60.10	7:48:37	7:47	4	2:06:11	10	2:06:11	
Egestorf	9.20	1:30:41	9:51	3	30:16	9	30:16	69.30	9:19:18	8:04	4	2:36:27	10	2:36:27	
Salzhausen	10.70	1:40:00	9:20	2	32:33	9	32:33	80.00	10:59:18	8:14	2	3:09:00	8	3:09:00	
Südergellersen	10.90	1:51:47	10:15	2	35:17	12	35:17	90.90	12:51:05	8:28	2	3:44:17	8	3:44:17	
Sülzwiesen	9.10	1:37:51	10:45	2	40:50	12	40:50	100.00	14:28:56	8:41	2	4:25:07	10	4:25:07	