



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

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Austin Carmen

□□: Lauffreff Geesthacht

□□: 5

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 14:34:55

□□: 6.86 km/h

□□□□: 08:45 min/km

□□□□□/□□□: 60 (of 102)

□□□□□/□: 11 (of 16)

□□□□□□: 8:42:41

□□□□□: 3(of 3)

□□□□□□□: 10:59:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:19:56	7:45	3	22:17	16	28:55	10.30	1:19:56	7:45	3	22:17	16	28:55	
Amelinghausen	13.80	1:49:24	7:55	3	27:33	15	39:11	24.10	3:09:20	7:51	3	49:50	16	1:08:06	
Schwindebeck	9.40	1:20:30	8:33	3	24:25	15	28:50	33.50	4:29:50	8:03	3	1:14:15	16	1:36:56	
Bispingen	8.90	1:14:41	8:23	3	22:55	11	23:04	42.40	5:44:31	8:07	3	1:37:10	14	2:00:00	
Overhaverbeck	10.80	1:39:27	9:12	3	33:25	13	33:25	53.20	7:23:58	8:20	3	2:10:35	14	2:27:31	
Undeloh	6.90	1:05:49	9:32	3	24:39	11	24:39	60.10	8:29:47	8:28	3	2:35:14	15	2:47:21	
Egestorf	9.20	1:29:15	9:42	2	25:36	8	28:50	69.30	9:59:02	8:38	3	3:00:50	14	3:16:11	
Salzhausen	10.70	1:38:20	9:11	2	4:19	8	30:53	80.00	11:37:22	8:43	3	3:05:09	12	3:47:04	
Südergellersen	10.90	1:38:33	9:02	2	14:32	4	22:03	90.90	13:15:55	8:45	3	3:19:41	11	4:09:07	
Sülzwiesen	9.10	1:19:00	8:40	3	16:13	9	21:59	100.00	14:34:55	8:44	3	3:35:54	11	4:31:06	