



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

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Tegge-Walderstein Monika

□□: 100 Marathon Club

□□: 133

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 14:51:46

□□: 6.73 km/h

□□□□: 08:55 min/km

□□□□□/□□□□: 63 (of 102)

□□□□□□/□: 12 (of 16)

□□□□□□: 8:42:41

□□□□□: 2(of 2)

□□□□□□□: 14:14:21

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 1:12:45 | 7:03 | 1 | - | 12 | 21:44 | 10.30 | 1:12:45 | 7:03 | 1 | - | 12 | 21:44 | |
| Amelinghausen | 13.80 | 1:43:51 | 7:31 | 2 | 1:59 | 14 | 33:38 | 24.10 | 2:56:36 | 7:19 | 2 | 1:44 | 14 | 55:22 | |
| Schwindebeck | 9.40 | 1:18:10 | 8:18 | 2 | 4:53 | 13 | 26:30 | 33.50 | 4:14:46 | 7:36 | 2 | 6:37 | 13 | 1:21:52 | |
| Bispingen | 8.90 | 1:21:02 | 9:06 | 1 | - | 12 | 29:25 | 42.40 | 5:35:48 | 7:55 | 2 | 5:56 | 13 | 1:51:17 | |
| Overhaverbeck | 10.80 | 1:40:44 | 9:19 | 2 | 14:14 | 14 | 34:42 | 53.20 | 7:16:32 | 8:12 | 2 | 20:10 | 13 | 2:20:05 | |
| Undeloh | 6.90 | 1:05:41 | 9:31 | 1 | - | 10 | 24:31 | 60.10 | 8:22:13 | 8:21 | 2 | 14:56 | 14 | 2:39:47 | |
| Egestorf | 9.20 | 1:28:55 | 9:39 | 1 | - | 7 | 28:30 | 69.30 | 9:51:08 | 8:31 | 2 | 10:14 | 13 | 3:08:17 | |
| Salzhausen | 10.70 | 1:42:35 | 9:35 | 2 | 10:59 | 11 | 35:08 | 80.00 | 11:33:43 | 8:40 | 2 | 21:13 | 11 | 3:43:25 | |
| Südergellersen | 10.90 | 1:49:03 | 10:00 | 2 | 4:22 | 11 | 32:33 | 90.90 | 13:22:46 | 8:49 | 2 | 25:35 | 12 | 4:15:58 | |
| Sülzwiesen | 9.10 | 1:29:00 | 9:46 | 2 | 11:50 | 10 | 31:59 | 100.00 | 14:51:46 | 8:55 | 2 | 37:25 | 12 | 4:47:57 | |