



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	