



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

□□□□

#### Bernhardt Birte

□□: Team Ultra Sports/ SV Werder Bremen

□□: 9

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Seniorinnen W45 (45-49 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 16)

□□□□□□: 8:42:41

□□□□□: DNF(of 5)

□□□□□□□: 10:03:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:29	5:46	3	8:28	6	8:28	10.30	59:29	5:46	3	8:28	6	8:28	
Amelinghausen	13.80	1:20:57	5:51	2	10:44	3	10:44	24.10	2:20:26	5:49	3	19:12	5	19:12	
Schwindebeck	9.40	55:42	5:55	2	4:02	2	4:02	33.50	3:16:08	5:51	2	23:14	3	23:14	
Bispingen	8.90	54:20	6:06	2	2:43	3	2:43	42.40	4:10:28	5:54	2	25:57	3	25:57	
Overhaverbeck	10.80	1:13:30	6:48	2	1:34	3	7:28	53.20	5:23:58	6:05	2	27:31	3	27:31	
Undeloh	6.90	47:17	6:51	2	1:18	3	6:07	60.10	6:11:15	6:10	2	28:49	3	28:49	
Egestorf	9.20	1:27:14	9:28	2	26:49	6	26:49	69.30	7:38:29	6:36	2	55:38	3	55:38	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	