



# 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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## Hake Bianca

□□: Lauftraining Soest

□□: 44

□□: 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	56:47	5:30	2	5:46	3	5:46	10.30	56:47	5:30	2	5:46	3	5:46	
Amelinghausen	13.80	1:21:58	5:56	3	11:45	5	11:45	24.10	2:18:45	5:45	2	17:31	3	17:31	
Schwindebeck	9.40	1:02:55	6:41	3	11:15	5	11:15	33.50	3:21:40	6:01	3	28:46	5	28:46	
Bispingen	8.90	1:05:09	7:19	3	13:32	6	13:32	42.40	4:26:49	6:17	3	42:18	5	42:18	
Overhaverbeck	10.80	1:32:56	8:36	3	21:00	11	26:54	53.20	5:59:45	6:45	3	1:03:18	5	1:03:18	
Undeloh	6.90	1:02:21	9:02	3	16:22	9	21:11	60.10	7:02:06	7:01	3	1:19:40	6	1:19:40	
Egestorf	9.20	1:38:42	10:43	4	38:17	14	38:17	69.30	8:40:48	7:30	3	1:57:57	7	1:57:57	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	