



# 3. Lüneburger Heide Staffellauf und Ultra-Marathon

Lüneburg / 18.06.2022

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Rien Diana

□□: 98

□□: 100.00 km  
Ultra-Marathon

□□□□:  
Seniorinnen W40 (40-44 Jahre)

□□□□□/□□□: DNF (of 102)

□□□□□/□: DNF (of 16)

□□□□□□: 8:42:41

□□□□□: DNF(of 3)

□□□□□□□: 12:30:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:19:14	7:41	3	22:38	15	28:13	10.30	1:19:14	7:41	3	22:38	15	28:13	
Amelinghausen	13.80	1:49:50	7:57	3	29:28	16	39:37	24.10	3:09:04	7:50	3	52:06	15	1:07:50	
Schwindebeck	9.40	1:19:10	8:25	3	19:57	14	27:30	33.50	4:28:14	8:00	3	1:12:03	15	1:35:20	
Bispingen	8.90	1:27:33	9:50	3	28:48	15	35:56	42.40	5:55:47	8:23	3	1:40:51	15	2:11:16	
Overhaverbeck	10.80	2:00:40	11:10	3	36:33	15	54:38	53.20	7:56:27	8:57	3	2:17:24	15	3:00:00	
Undeloh	6.90	-	-	3		15		60.10	7:56:27	7:55	3	1:16:08	11	2:14:01	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	