



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

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**Spiekermann Tanja**

□□: SV Werder Bremen

□□: 125

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 10:03:49

□□: 9.94 km/h

□□□□: 06:02 min/km

□□□□□/□□□: 8 (of 102)

□□□□□/□: 1 (of 16)

□□□□□□: 8:42:41

□□□□□: 1(of 5)

□□□□□□□: 10:03:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	51:01	4:57	1	-	1	-	10.30	51:01	4:57	1	-	1	-	
Amelinghausen	13.80	1:10:13	5:05	1	-	1	-	24.10	2:01:14	5:01	1	-	1	-	
Schwindebeck	9.40	51:40	5:29	1	-	1	-	33.50	2:52:54	5:09	1	-	1	-	
Bispingen	8.90	51:37	5:47	1	-	1	-	42.40	3:44:31	5:17	1	-	1	-	
Overhaverbeck	10.80	1:11:56	6:39	1	-	2	5:54	53.20	4:56:27	5:34	1	-	1	-	
Undeloh	6.90	45:59	6:39	1	-	2	4:49	60.10	5:42:26	5:41	1	-	1	-	
Egestorf	9.20	1:00:25	6:34	1	-	1	-	69.30	6:42:51	5:48	1	-	1	-	
Salzhausen	10.70	1:07:27	6:18	1	-	1	-	80.00	7:50:18	5:52	1	-	1	-	
Südergellersen	10.90	1:16:30	7:01	1	-	1	-	90.90	9:06:48	6:00	1	-	1	-	
Sülzwiesen	9.10	57:01	6:15	1	-	1	-	100.00	10:03:49	6:02	1	-	1	-	