



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

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Schwartz-Reinken Birgit

□□: TSV Eintracht Hittfeld
□□: 122

□□: 100.00 km
Ultra-Marathon

□□□□:
Seniorinnen W55 (55-59 Jahre)

□□□: 10:59:01

□□: 9.10 km/h
□□□□: 06:35 min/km

□□□□□/□□□□: 16 (of 102)

□□□□□/□: 2 (of 16)

□□□□□□: 8:42:41

□□□□□: 1(of 3)

□□□□□□□: 10:59:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	57:39	5:35	1	-	4	6:38	10.30	57:39	5:35	1	-	4	6:38	
Amelinghausen	13.80	1:21:51	5:55	1	-	4	11:38	24.10	2:19:30	5:47	1	-	4	18:16	
Schwindebeck	9.40	56:05	5:57	1	-	3	4:25	33.50	3:15:35	5:50	1	-	2	22:41	
Bispingen	8.90	51:46	5:48	1	-	2	0:09	42.40	4:07:21	5:50	1	-	2	22:50	
Overhaverbeck	10.80	1:06:02	6:06	1	-	1	-	53.20	5:13:23	5:53	1	-	2	16:56	
Undeloh	6.90	41:10	5:57	1	-	1	-	60.10	5:54:33	5:53	1	-	2	12:07	
Egestorf	9.20	1:03:39	6:55	1	-	2	3:14	69.30	6:58:12	6:02	1	-	2	15:21	
Salzhausen	10.70	1:34:01	8:47	1	-	7	26:34	80.00	8:32:13	6:24	1	-	2	41:55	
Südergellersen	10.90	1:24:01	7:42	1	-	2	7:31	90.90	9:56:14	6:33	1	-	2	49:26	
Sülzwiesen	9.10	1:02:47	6:53	1	-	3	5:46	100.00	10:59:01	6:35	1	-	2	55:12	