



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

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Korte Anja

□□□: 12:30:06

□□: 66

□□: 8.00 km/h

□□□□: 07:30 min/km

□□: 100.00 km

□□□□□/□□□: 30 (of 102)

Ultra-Marathon

□□□□□/□: 3 (of 16)

□□□□□□: 8:42:41

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□□□□□: 1(of 3)

Seniorinnen W40 (40-44 Jahre)

□□□□□□□: 12:30:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:36	5:29	1	-	2	5:35	10.30	56:36	5:29	1	-	2	5:35	
Amelinghausen	13.80	1:20:22	5:49	1	-	2	10:09	24.10	2:16:58	5:40	1	-	2	15:44	
Schwindebeck	9.40	59:13	6:17	1	-	4	7:33	33.50	3:16:11	5:51	1	-	4	23:17	
Bispingen	8.90	58:45	6:36	1	-	4	7:08	42.40	4:14:56	6:00	1	-	4	30:25	
Overhaverbeck	10.80	1:24:07	7:47	1	-	5	18:05	53.20	5:39:03	6:22	1	-	4	42:36	
Undeloh	6.90	1:01:16	8:52	2	6:37	8	20:06	60.10	6:40:19	6:39	1	-	4	57:53	
Egestorf	9.20	1:20:35	8:45	2	5:09	4	20:10	69.30	8:00:54	6:56	1	-	4	1:18:03	
Salzhausen	10.70	1:28:33	8:16	1	-	2	21:06	80.00	9:29:27	7:07	1	-	3	1:39:09	
Südergellersen	10.90	1:44:23	9:34	2	2:31	7	27:53	90.90	11:13:50	7:24	1	-	3	2:07:02	
Sülzwiesen	9.10	1:16:16	8:22	1	-	5	19:15	100.00	12:30:06	7:30	1	-	3	2:26:17	