



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

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Wienstroer Marie-Charlotte

□□□: 12:47:53

□□: Braunschweiger Laufclub

□□: 7.81 km/h

□□: 144

□□□□: 07:41 min/km

□□: 100.00 km

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Ultra-Marathon

□□□□□/□: 4 (of 16)

□□□□□□: 8:42:41

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□□□□□: 1(of 1)

Seniorinnen W30 (30-34 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:02	6:18	1	-	8	14:01	10.30	1:05:02	6:18	1	-	8	14:01	
Amelinghausen	13.80	1:30:47	6:34	1	-	7	20:34	24.10	2:35:49	6:27	1	-	7	34:35	
Schwindebeck	9.40	1:06:27	7:04	1	-	6	14:47	33.50	3:42:16	6:38	1	-	7	49:22	
Bispingen	8.90	1:03:22	7:07	1	-	5	11:45	42.40	4:45:38	6:44	1	-	6	1:01:07	
Overhaverbeck	10.80	1:22:33	7:38	1	-	4	16:31	53.20	6:08:11	6:55	1	-	6	1:11:44	
Undeloh	6.90	53:43	7:47	1	-	4	12:33	60.10	7:01:54	7:01	1	-	5	1:19:28	
Egestorf	9.20	1:35:54	10:25	1	-	12	35:29	69.30	8:37:48	7:28	1	-	5	1:54:57	
Salzhausen	10.70	1:42:09	9:32	1	-	10	34:42	80.00	10:19:57	7:44	1	-	6	2:29:39	
Südergellersen	10.90	1:27:39	8:02	1	-	3	11:09	90.90	11:47:36	7:47	1	-	4	2:40:48	
Sülzwiesen	9.10	1:00:17	6:37	1	-	2	3:16	100.00	12:47:53	7:40	1	-	4	2:44:04	