



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

□□□□

Berke Daniela

□□□: 13:19:27

□□: 156

□□: 7.51 km/h

□□□□: 07:59 min/km

□□: 100.00 km

□□□□□/□□□: 41 (of 102)

Ultra-Marathon

□□□□□/□: 6 (of 16)

□□□□□□: 8:42:41

□□□□:

□□□□□: 2(of 3)

Seniorinnen W40 (40-44 Jahre)

□□□□□□□: 12:30:06

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:11:31	6:56	2	14:55	10	20:30	10.30	1:11:31	6:56	2	14:55	10	20:30	
Amelinghausen	13.80	1:36:06	6:57	2	15:44	9	25:53	24.10	2:47:37	6:57	2	30:39	9	46:23	
Schwindebeck	9.40	1:07:50	7:12	2	8:37	7	16:10	33.50	3:55:27	7:01	2	39:16	9	1:02:33	
Bispingen	8.90	1:07:57	7:38	2	9:12	7	16:20	42.40	5:03:24	7:09	2	48:28	9	1:18:53	
Overhaverbeck	10.80	1:25:19	7:53	2	1:12	6	19:17	53.20	6:28:43	7:18	2	49:40	9	1:32:16	
Undeloh	6.90	54:39	7:55	1	-	5	13:29	60.10	7:23:22	7:22	2	43:03	9	1:40:56	
Egestorf	9.20	1:15:26	8:11	1	-	3	15:01	69.30	8:38:48	7:29	2	37:54	6	1:55:57	
Salzhausen	10.70	1:28:42	8:17	2	0:09	3	21:15	80.00	10:07:30	7:35	2	38:03	4	2:17:12	
Südergellersen	10.90	1:41:52	9:20	1	-	6	25:22	90.90	11:49:22	7:48	2	35:32	5	2:42:34	
Sülzwiesen	9.10	1:30:05	9:53	2	13:49	11	33:04	100.00	13:19:27	7:59	2	49:21	6	3:15:38	