



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

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Lürßen Susi

□□: DUV

□□: 78

□□: 100.00 km

Ultra-Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 13:41:34

□□: 7.30 km/h

□□□□: 08:13 min/km

□□□□□/□□□: 48 (of 102)

□□□□□/□: 7 (of 16)

□□□□□□: 8:42:41

□□□□□: 2(of 3)

□□□□□□□: 10:59:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:28	5:46	2	1:49	5	8:27	10.30	59:28	5:46	2	1:49	5	8:27	
Amelinghausen	13.80	1:26:00	6:13	2	4:09	6	15:47	24.10	2:25:28	6:02	2	5:58	6	24:14	
Schwindebeck	9.40	1:15:46	8:03	2	19:41	12	24:06	33.50	3:41:14	6:36	2	25:39	6	48:20	
Bispingen	8.90	1:11:00	7:58	2	19:14	9	19:23	42.40	4:52:14	6:53	2	44:53	7	1:07:43	
Overhaverbeck	10.80	1:28:50	8:13	2	22:48	10	22:48	53.20	6:21:04	7:09	2	1:07:41	7	1:24:37	
Undeloh	6.90	1:00:15	8:43	2	19:05	7	19:05	60.10	7:21:19	7:20	2	1:26:46	8	1:38:53	
Egestorf	9.20	1:37:38	10:36	3	33:59	13	37:13	69.30	8:58:57	7:46	2	2:00:45	9	2:16:06	
Salzhausen	10.70	1:45:52	9:53	3	11:51	12	38:25	80.00	10:44:49	8:03	2	2:12:36	7	2:54:31	
Südergellersen	10.90	1:38:39	9:03	3	14:38	5	22:09	90.90	12:23:28	8:10	2	2:27:14	7	3:16:40	
Sülzwiesen	9.10	1:18:06	8:34	2	15:19	8	21:05	100.00	13:41:34	8:12	2	2:42:33	7	3:37:45	