



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

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Drissen Martje

□□□: 14:14:21

□□: 28

□□: 7.02 km/h

□□□□: 08:32 min/km

□□: 100.00 km

□□□□□/□□□: 54 (of 102)

Ultra-Marathon

□□□□□/□: 8 (of 16)

□□□□□□: 8:42:41

□□□□:

□□□□□: 2(of 2)

Frauen (20-29 Jahre)

□□□□□□□: 13:18:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:13:00	7:05	2	9:57	13	21:59	10.30	1:13:00	7:05	2	9:57	13	21:59	
Amelinghausen	13.80	1:41:52	7:22	2	8:30	12	31:39	24.10	2:54:52	7:15	2	18:27	12	53:38	
Schwindebeck	9.40	1:13:17	7:47	2	4:03	10	21:37	33.50	4:08:09	7:24	2	22:30	11	1:15:15	
Bispingen	8.90	1:21:43	9:10	2	10:45	13	30:06	42.40	5:29:52	7:46	2	33:15	11	1:45:21	
Overhaverbeck	10.80	1:26:30	8:00	1	-	7	20:28	53.20	6:56:22	7:49	2	32:41	11	1:59:55	
Undeloh	6.90	1:10:56	10:16	2	16:03	14	29:46	60.10	8:07:18	8:06	2	48:44	13	2:24:52	
Egestorf	9.20	1:33:36	10:10	2	7:48	10	33:11	69.30	9:40:54	8:22	2	56:32	11	2:58:03	
Salzhausen	10.70	1:31:36	8:33	1	-	4	24:09	80.00	11:12:30	8:24	2	54:56	9	3:22:12	
Südergellersen	10.90	1:44:41	9:36	1	-	8	28:11	90.90	12:57:11	8:32	2	52:37	9	3:50:23	
Sülzwiesen	9.10	1:17:10	8:28	2	3:07	6	20:09	100.00	14:14:21	8:32	2	55:44	8	4:10:32	