



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Lauftreff TuS Hohnstorf

□□: Lauftreff TuS Hohnstorf

□□: 317

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

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5-10er Staffel

□□□: 9:16:33

□□: 10.78 km/h

□□□□: 5:33 min/km

□□□□□: 10 (of 28)

□□□□□□: 7:25:02

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Südergellersen	10.30	52:31	5:05	9	12:02	9	12:02	10.30	52:31	5:05	9	12:02	9	12:02
Amelinghausen	13.80	1:17:27	5:36	17	25:13	17	25:13	24.10	2:09:58	5:23	13	33:49	13	33:49
Schwindebeck	9.40	54:57	5:50	16	13:27	16	13:27	33.50	3:04:55	5:31	11	39:36	11	39:36
Bispingen	8.90	52:27	5:53	13	19:01	13	19:01	42.40	3:57:22	5:35	12	58:37	12	58:37
Overhaverbeck	10.80	52:34	4:52	6	8:58	6	8:58	53.20	4:49:56	5:26	10	1:07:35	10	1:07:35
Undeloh	6.90	35:16	5:06	6	4:31	6	4:31	60.10	5:25:12	5:24	9	1:09:26	9	1:09:26
Egestorf	9.20	55:33	6:02	14	14:28	14	14:28	69.30	6:20:45	5:29	9	1:22:09	9	1:22:09
Salzhausen	10.70	49:38	4:38	8	5:20	8	5:20	80.00	7:10:23	5:22	9	1:22:54	9	1:22:54
Südergellersen	10.90	1:18:23	7:11	25	37:24	25	37:24	90.90	8:28:46	5:35	10	1:48:02	10	1:48:02
Sülzwiesen	9.10	47:47	5:15	9	13:03	9	13:03	100.00	9:16:33	5:33	10	1:51:31	10	1:51:31