



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Team Impuls

□□□: 9:48:41

□□: 328

□□: 10.19 km/h

□□□□: 5:53 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 13 (of 28)

□□□□□□: 7:25:02

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□□□□□: 13(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	45:45	4:26	4	5:16	4	5:16	10.30	45:45	4:26	4	5:16	4	5:16
Amelinghausen	13.80	1:50:13	7:59	28	57:59	28	57:59	24.10	2:35:58	6:28	28	59:49	28	59:49
Schwindebeck	9.40	53:02	5:38	13	11:32	13	11:32	33.50	3:29:00	6:14	26	1:03:41	26	1:03:41
Bispingen	8.90	1:00:50	6:50	21	27:24	21	27:24	42.40	4:29:50	6:21	26	1:31:05	26	1:31:05
Overhaverbeck	10.80	59:00	5:27	13	15:24	13	15:24	53.20	5:28:50	6:10	24	1:46:29	24	1:46:29
Undeloh	6.90	35:57	5:12	7	5:12	7	5:12	60.10	6:04:47	6:04	21	1:49:01	21	1:49:01
Egestorf	9.20	42:12	4:35	2	1:07	2	1:07	69.30	6:46:59	5:52	13	1:48:23	13	1:48:23
Salzhausen	10.70	50:04	4:40	10	5:46	10	5:46	80.00	7:37:03	5:42	13	1:49:34	13	1:49:34
Südergellersen	10.90	1:11:59	6:36	23	31:00	23	31:00	90.90	8:49:02	5:49	13	2:08:18	13	2:08:18
Sülzwiesen	9.10	59:39	6:33	23	24:55	23	24:55	100.00	9:48:41	5:53	13	2:23:39	13	2:23:39