



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Johanneum - Team II

□□□: 10:02:22

□□: 313

□□: 9.96 km/h

□□□□: 6:01 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 14 (of 28)

□□□□□□: 7:25:02

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□□□□□: 14(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	54:40	5:18	13	14:11	13	14:11	10.30	54:40	5:18	13	14:11	13	14:11
Amelinghausen	13.80	1:27:53	6:22	26	35:39	26	35:39	24.10	2:22:33	5:54	23	46:24	23	46:24
Schwindebeck	9.40	46:02	4:53	2	4:32	2	4:32	33.50	3:08:35	5:37	13	43:16	13	43:16
Bispingen	8.90	1:03:13	7:06	26	29:47	26	29:47	42.40	4:11:48	5:56	17	1:13:03	17	1:13:03
Overhaverbeck	10.80	1:03:49	5:54	20	20:13	20	20:13	53.20	5:15:37	5:55	18	1:33:16	18	1:33:16
Undeloh	6.90	41:26	6:00	12	10:41	12	10:41	60.10	5:57:03	5:56	14	1:41:17	14	1:41:17
Egestorf	9.20	53:22	5:48	10	12:17	10	12:17	69.30	6:50:25	5:55	15	1:51:49	15	1:51:49
Salzhausen	10.70	1:09:02	6:27	22	24:44	22	24:44	80.00	7:59:27	5:59	16	2:11:58	16	2:11:58
Südergellersen	10.90	1:08:58	6:19	18	27:59	18	27:59	90.90	9:08:25	6:01	15	2:27:41	15	2:27:41
Sülzwiesen	9.10	53:57	5:55	18	19:13	18	19:13	100.00	10:02:22	6:01	14	2:37:20	14	2:37:20