



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Lüneburger Rennschnecken

□□□: 10:03:39

□□: 318

□□: 9.94 km/h

□□□□: 6:02 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 15 (of 28)

□□□□□□: 7:25:02

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□□□□□: 15(of 28)

5-10er Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 58:14 | 5:39 | 20 | 17:45 | 20 | 17:45 | 10.30 | 58:14 | 5:39 | 20 | 17:45 | 20 | 17:45 |
| Amelinghausen | 13.80 | 1:23:19 | 6:02 | 23 | 31:05 | 23 | 31:05 | 24.10 | 2:21:33 | 5:52 | 20 | 45:24 | 20 | 45:24 |
| Schwindebeck | 9.40 | 59:03 | 6:16 | 19 | 17:33 | 19 | 17:33 | 33.50 | 3:20:36 | 5:59 | 22 | 55:17 | 22 | 55:17 |
| Bispingen | 8.90 | 57:21 | 6:26 | 19 | 23:55 | 19 | 23:55 | 42.40 | 4:17:57 | 6:05 | 20 | 1:19:12 | 20 | 1:19:12 |
| Overhaverbeck | 10.80 | 59:38 | 5:31 | 15 | 16:02 | 15 | 16:02 | 53.20 | 5:17:35 | 5:58 | 19 | 1:35:14 | 19 | 1:35:14 |
| Undeloh | 6.90 | 50:24 | 7:18 | 22 | 19:39 | 22 | 19:39 | 60.10 | 6:07:59 | 6:07 | 23 | 1:52:13 | 23 | 1:52:13 |
| Egestorf | 9.20 | 56:05 | 6:05 | 17 | 15:00 | 17 | 15:00 | 69.30 | 7:04:04 | 6:07 | 19 | 2:05:28 | 19 | 2:05:28 |
| Salzhausen | 10.70 | 1:21:22 | 7:36 | 28 | 37:04 | 28 | 37:04 | 80.00 | 8:25:26 | 6:19 | 25 | 2:37:57 | 25 | 2:37:57 |
| Südergellersen | 10.90 | 54:23 | 4:59 | 3 | 13:24 | 3 | 13:24 | 90.90 | 9:19:49 | 6:09 | 20 | 2:39:05 | 20 | 2:39:05 |
| Sülzwiesen | 9.10 | 43:50 | 4:49 | 3 | 9:06 | 3 | 9:06 | 100.00 | 10:03:39 | 6:02 | 15 | 2:38:37 | 15 | 2:38:37 |