



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

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

□□□□:

□□□□□: 15(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

□□□	□□ 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