



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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In Oldendorf löpftt

□□□: 10:06:06

□□: 311

□□: 9.90 km/h

□□□□: 6:03 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 16 (of 28)

□□□□□□: 7:25:02

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□□□□□: 16(of 28)

5-10er Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	57:43	5:36	18	17:14	18	17:14	10.30	57:43	5:36	18	17:14	18	17:14
Amelinghausen	13.80	1:20:58	5:52	20	28:44	20	28:44	24.10	2:18:41	5:45	17	42:32	17	42:32
Schwindebeck	9.40	53:48	5:43	14	12:18	14	12:18	33.50	3:12:29	5:44	17	47:10	17	47:10
Bispingen	8.90	55:18	6:12	16	21:52	16	21:52	42.40	4:07:47	5:50	16	1:09:02	16	1:09:02
Overhaverbeck	10.80	53:29	4:57	8	9:53	8	9:53	53.20	5:01:16	5:39	14	1:18:55	14	1:18:55
Undeloh	6.90	53:18	7:43	24	22:33	24	22:33	60.10	5:54:34	5:53	13	1:38:48	13	1:38:48
Egestorf	9.20	1:01:13	6:39	21	20:08	21	20:08	69.30	6:55:47	5:59	16	1:57:11	16	1:57:11
Salzhausen	10.70	1:01:58	5:47	15	17:40	15	17:40	80.00	7:57:45	5:58	15	2:10:16	15	2:10:16
Südergellersen	10.90	1:06:01	6:03	16	25:02	16	25:02	90.90	9:03:46	5:58	14	2:23:02	14	2:23:02
Sülzwiesen	9.10	1:02:20	6:50	25	27:36	25	27:36	100.00	10:06:06	6:03	16	2:41:04	16	2:41:04