



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Johanneum - Team I

□□□: 10:08:45

□□: 312

□□: 9.86 km/h

□□□□: 6:05 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 17 (of 28)

□□□□□□: 7:25:02

□□□□:

□□□□□: 17(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:05:47	6:23	25	25:18	25	25:18	10.30	1:05:47	6:23	25	25:18	25	25:18
Amelinghausen	13.80	1:16:05	5:30	15	23:51	15	23:51	24.10	2:21:52	5:53	22	45:43	22	45:43
Schwindebeck	9.40	49:03	5:13	7	7:33	7	7:33	33.50	3:10:55	5:41	16	45:36	16	45:36
Bispingen	8.90	48:28	5:26	10	15:02	10	15:02	42.40	3:59:23	5:38	13	1:00:38	13	1:00:38
Overhaverbeck	10.80	1:07:50	6:16	23	24:14	23	24:14	53.20	5:07:13	5:46	15	1:24:52	15	1:24:52
Undeloh	6.90	55:18	8:00	26	24:33	26	24:33	60.10	6:02:31	6:01	19	1:46:45	19	1:46:45
Egestorf	9.20	1:08:37	7:27	26	27:32	26	27:32	69.30	7:11:08	6:13	22	2:12:32	22	2:12:32
Salzhausen	10.70	1:07:05	6:16	20	22:47	20	22:47	80.00	8:18:13	6:13	21	2:30:44	21	2:30:44
Südergellersen	10.90	1:00:38	5:33	11	19:39	11	19:39	90.90	9:18:51	6:08	19	2:38:07	19	2:38:07
Sülzwiesen	9.10	49:54	5:29	11	15:10	11	15:10	100.00	10:08:45	6:05	17	2:43:43	17	2:43:43