



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Blindenstaffel

□□□: 10:15:18

□□: 302

□□: 9.75 km/h

□□□□: 6:09 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 19 (of 28)

□□□□□□: 7:25:02

□□□□:

□□□□□: 19(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	55:48	5:25	15	15:19	15	15:19	10.30	55:48	5:25	15	15:19	15	15:19
Amelinghausen	13.80	1:11:44	5:11	12	19:30	12	19:30	24.10	2:07:32	5:17	11	31:23	11	31:23
Schwindebeck	9.40	1:08:19	7:16	27	26:49	27	26:49	33.50	3:15:51	5:50	18	50:32	18	50:32
Bispingen	8.90	50:23	5:39	11	16:57	11	16:57	42.40	4:06:14	5:48	15	1:07:29	15	1:07:29
Overhaverbeck	10.80	1:01:38	5:42	17	18:02	17	18:02	53.20	5:07:52	5:47	16	1:25:31	16	1:25:31
Undeloh	6.90	56:29	8:11	27	25:44	27	25:44	60.10	6:04:21	6:03	20	1:48:35	20	1:48:35
Egestorf	9.20	1:07:48	7:22	24	26:43	24	26:43	69.30	7:12:09	6:14	23	2:13:33	23	2:13:33
Salzhausen	10.70	1:06:45	6:14	18	22:27	18	22:27	80.00	8:18:54	6:14	22	2:31:25	22	2:31:25
Südergellersen	10.90	59:55	5:29	9	18:56	9	18:56	90.90	9:18:49	6:08	18	2:38:05	18	2:38:05
Sülzwiesen	9.10	56:29	6:12	21	21:45	21	21:45	100.00	10:15:18	6:09	19	2:50:16	19	2:50:16