



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Lüneburger SV by MyDoor GmbH

□□□: 7:33:00

□□: Lüneburger SV

□□: 13.25 km/h

□□: 320

□□□□: 4:31 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 2 (of 28)

□□□□□□: 7:25:02

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5-10er Staffel

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Südergellersen	10.30	51:35	5:00	6	11:06	6	11:06	10.30	51:35	5:00	6	11:06	6	11:06
Amelinghausen	13.80	52:14	3:47	1	-	1	-	24.10	1:43:49	4:18	2	7:40	2	7:40
Schwindebeck	9.40	41:30	4:24	1	-	1	-	33.50	2:25:19	4:20	1	-	1	-
Bispingen	8.90	33:26	3:45	1	-	1	-	42.40	2:58:45	4:12	1	-	1	-
Overhaverbeck	10.80	43:36	4:02	1	-	1	-	53.20	3:42:21	4:10	1	-	1	-
Undeloh	6.90	33:25	4:50	3	2:40	3	2:40	60.10	4:15:46	4:15	1	-	1	-
Egestorf	9.20	42:50	4:39	3	1:45	3	1:45	69.30	4:58:36	4:18	1	-	1	-
Salzhausen	10.70	48:53	4:34	6	4:35	6	4:35	80.00	5:47:29	4:20	1	-	1	-
Südergellersen	10.90	59:24	5:26	8	18:25	8	18:25	90.90	6:46:53	4:28	2	6:09	2	6:09
Sülzwiesen	9.10	46:07	5:04	6	11:23	6	11:23	100.00	7:33:00	4:31	2	7:58	2	7:58