



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Hamburger Strandläufer

□□□: 10:17:35

□□: 309

□□: 9.72 km/h

□□□□: 6:10 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 21 (of 28)

□□□□□□: 7:25:02

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□□□□□: 21(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	58:16	5:39	21	17:47	21	17:47	10.30	58:16	5:39	21	17:47	21	17:47
Amelinghausen	13.80	1:09:53	5:03	10	17:39	10	17:39	24.10	2:08:09	5:19	12	32:00	12	32:00
Schwindebeck	9.40	1:09:48	7:25	28	28:18	28	28:18	33.50	3:17:57	5:54	21	52:38	21	52:38
Bispingen	8.90	56:14	6:19	17	22:48	17	22:48	42.40	4:14:11	5:59	18	1:15:26	18	1:15:26
Overhaverbeck	10.80	1:03:42	5:53	19	20:06	19	20:06	53.20	5:17:53	5:58	20	1:35:32	20	1:35:32
Undeloh	6.90	43:51	6:21	17	13:06	17	13:06	60.10	6:01:44	6:01	18	1:45:58	18	1:45:58
Egestorf	9.20	55:24	6:01	13	14:19	13	14:19	69.30	6:57:08	6:01	17	1:58:32	17	1:58:32
Salzhausen	10.70	1:14:31	6:57	25	30:13	25	30:13	80.00	8:11:39	6:08	17	2:24:10	17	2:24:10
Südergellersen	10.90	1:05:50	6:02	15	24:51	15	24:51	90.90	9:17:29	6:07	17	2:36:45	17	2:36:45
Sülzwiesen	9.10	1:00:06	6:36	24	25:22	24	25:22	100.00	10:17:35	6:10	21	2:52:33	21	2:52:33