



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Das H Team

□□□: 10:24:16

□□: 303

□□: 9.61 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 22 (of 28)

□□□□□□: 7:25:02

□□□□:

□□□□□: 22(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 1:12:45 | 7:03 | 28 | 32:16 | 28 | 32:16 | 10.30 | 1:12:45 | 7:03 | 28 | 32:16 | 28 | 32:16 |
| Amelinghausen | 13.80 | 1:17:20 | 5:36 | 16 | 25:06 | 16 | 25:06 | 24.10 | 2:30:05 | 6:13 | 26 | 53:56 | 26 | 53:56 |
| Schwindebeck | 9.40 | 1:06:41 | 7:05 | 24 | 25:11 | 24 | 25:11 | 33.50 | 3:36:46 | 6:28 | 28 | 1:11:27 | 28 | 1:11:27 |
| Bispingen | 8.90 | 55:00 | 6:10 | 15 | 21:34 | 15 | 21:34 | 42.40 | 4:31:46 | 6:24 | 27 | 1:33:01 | 27 | 1:33:01 |
| Overhaverbeck | 10.80 | 1:06:54 | 6:11 | 22 | 23:18 | 22 | 23:18 | 53.20 | 5:38:40 | 6:21 | 25 | 1:56:19 | 25 | 1:56:19 |
| Undeloh | 6.90 | 41:31 | 6:01 | 13 | 10:46 | 13 | 10:46 | 60.10 | 6:20:11 | 6:19 | 25 | 2:04:25 | 25 | 2:04:25 |
| Egestorf | 9.20 | 58:56 | 6:24 | 20 | 17:51 | 20 | 17:51 | 69.30 | 7:19:07 | 6:20 | 25 | 2:20:31 | 25 | 2:20:31 |
| Salzhausen | 10.70 | 1:02:12 | 5:48 | 16 | 17:54 | 16 | 17:54 | 80.00 | 8:21:19 | 6:15 | 23 | 2:33:50 | 23 | 2:33:50 |
| Südergellersen | 10.90 | 1:10:02 | 6:25 | 21 | 29:03 | 21 | 29:03 | 90.90 | 9:31:21 | 6:17 | 25 | 2:50:37 | 25 | 2:50:37 |
| Sülzwiesen | 9.10 | 52:55 | 5:48 | 15 | 18:11 | 15 | 18:11 | 100.00 | 10:24:16 | 6:14 | 22 | 2:59:14 | 22 | 2:59:14 |