



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Lünecom

□□□: 10:25:59

□□: Lünecom Kommunikationslösungen GmbH

□□: 9.58 km/h

□□: 321

□□□□: 6:15 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 23 (of 28)

□□□□□□: 7:25:02

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□□□□□: 23(of 28)

5-10er Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	51:49	5:01	7	11:20	7	11:20	10.30	51:49	5:01	7	11:20	7	11:20
Amelinghausen	13.80	1:31:33	6:38	27	39:19	27	39:19	24.10	2:23:22	5:56	24	47:13	24	47:13
Schwindebeck	9.40	1:03:27	6:45	22	21:57	22	21:57	33.50	3:26:49	6:10	24	1:01:30	24	1:01:30
Bispingen	8.90	1:02:09	6:58	23	28:43	23	28:43	42.40	4:28:58	6:20	25	1:30:13	25	1:30:13
Overhaverbeck	10.80	1:13:20	6:47	25	29:44	25	29:44	53.20	5:42:18	6:26	26	1:59:57	26	1:59:57
Undeloh	6.90	51:26	7:27	23	20:41	23	20:41	60.10	6:33:44	6:33	26	2:17:58	26	2:17:58
Egestorf	9.20	1:05:18	7:05	23	24:13	23	24:13	69.30	7:39:02	6:37	27	2:40:26	27	2:40:26
Salzhausen	10.70	1:01:56	5:47	14	17:38	14	17:38	80.00	8:40:58	6:30	27	2:53:29	27	2:53:29
Südergellersen	10.90	58:58	5:24	7	17:59	7	17:59	90.90	9:39:56	6:22	26	2:59:12	26	2:59:12
Sülzwiesen	9.10	46:03	5:03	5	11:19	5	11:19	100.00	10:25:59	6:15	23	3:00:57	23	3:00:57