



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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No Meat Athletes

□□□: 10:27:54

□□: 323

□□: 9.56 km/h

□□□□: 6:16 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 24 (of 28)

□□□□□□: 7:25:02

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5-10er Staffel

□□□□□: 24(of 28)

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 59:07 | 5:44 | 23 | 18:38 | 23 | 18:38 | 10.30 | 59:07 | 5:44 | 23 | 18:38 | 23 | 18:38 |
| Amelinghausen | 13.80 | 1:15:06 | 5:26 | 14 | 22:52 | 14 | 22:52 | 24.10 | 2:14:13 | 5:34 | 14 | 38:04 | 14 | 38:04 |
| Schwindebeck | 9.40 | 1:03:17 | 6:43 | 21 | 21:47 | 21 | 21:47 | 33.50 | 3:17:30 | 5:53 | 19 | 52:11 | 19 | 52:11 |
| Bispingen | 8.90 | 1:03:12 | 7:06 | 25 | 29:46 | 25 | 29:46 | 42.40 | 4:20:42 | 6:08 | 22 | 1:21:57 | 22 | 1:21:57 |
| Overhaverbeck | 10.80 | 1:06:20 | 6:08 | 21 | 22:44 | 21 | 22:44 | 53.20 | 5:27:02 | 6:08 | 22 | 1:44:41 | 22 | 1:44:41 |
| Undeloh | 6.90 | 30:45 | 4:27 | 1 | - | 1 | - | 60.10 | 5:57:47 | 5:57 | 15 | 1:42:01 | 15 | 1:42:01 |
| Egestorf | 9.20 | 1:12:07 | 7:50 | 28 | 31:02 | 28 | 31:02 | 69.30 | 7:09:54 | 6:12 | 20 | 2:11:18 | 20 | 2:11:18 |
| Salzhausen | 10.70 | 1:06:46 | 6:14 | 19 | 22:28 | 19 | 22:28 | 80.00 | 8:16:40 | 6:12 | 20 | 2:29:11 | 20 | 2:29:11 |
| Südergellersen | 10.90 | 1:12:14 | 6:37 | 24 | 31:15 | 24 | 31:15 | 90.90 | 9:28:54 | 6:15 | 24 | 2:48:10 | 24 | 2:48:10 |
| Sülzwiesen | 9.10 | 59:00 | 6:29 | 22 | 24:16 | 22 | 24:16 | 100.00 | 10:27:54 | 6:16 | 24 | 3:02:52 | 24 | 3:02:52 |