



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Laufteam SV Kirchboitzen

□□□: 11:17:58

□□: Laufteam SV Kirchboitzen

□□: 8.85 km/h

□□: 316

□□□□: 6:46 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 28 (of 28)

□□□□□□: 7:25:02

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5-10er Staffel

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Südergellersen	10.30	1:03:52	6:12	24	23:23	24	23:23	10.30	1:03:52	6:12	24	23:23	24	23:23
Amelinghausen	13.80	1:27:09	6:18	25	34:55	25	34:55	24.10	2:31:01	6:15	27	54:52	27	54:52
Schwindebeck	9.40	1:05:41	6:59	23	24:11	23	24:11	33.50	3:36:42	6:28	27	1:11:23	27	1:11:23
Bispingen	8.90	1:02:33	7:01	24	29:07	24	29:07	42.40	4:39:15	6:35	28	1:40:30	28	1:40:30
Overhaverbeck	10.80	1:19:55	7:23	26	36:19	26	36:19	53.20	5:59:10	6:45	28	2:16:49	28	2:16:49
Undeloh	6.90	37:14	5:23	8	6:29	8	6:29	60.10	6:36:24	6:35	27	2:20:38	27	2:20:38
Egestorf	9.20	54:31	5:55	12	13:26	12	13:26	69.30	7:30:55	6:30	26	2:32:19	26	2:32:19
Salzhausen	10.70	1:04:38	6:02	17	20:20	17	20:20	80.00	8:35:33	6:26	26	2:48:04	26	2:48:04
Südergellersen	10.90	1:24:24	7:44	28	43:25	28	43:25	90.90	9:59:57	6:36	27	3:19:13	27	3:19:13
Sülzwiesen	9.10	1:18:01	8:34	28	43:17	28	43:17	100.00	11:17:58	6:46	28	3:52:56	28	3:52:56