



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Nordmark

□□: Nordmark Pharma

□□: 324

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

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5-10er Staffel

□□□: 8:42:35

□□: 11.48 km/h

□□□□: 5:13 min/km

□□□□□: 5 (of 28)

□□□□□□: 7:25:02

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 54:39 | 5:18 | 12 | 14:10 | 12 | 14:10 | 10.30 | 54:39 | 5:18 | 12 | 14:10 | 12 | 14:10 |
| Amelinghausen | 13.80 | 1:07:00 | 4:51 | 8 | 14:46 | 8 | 14:46 | 24.10 | 2:01:39 | 5:02 | 8 | 25:30 | 8 | 25:30 |
| Schwindebeck | 9.40 | 47:55 | 5:05 | 4 | 6:25 | 4 | 6:25 | 33.50 | 2:49:34 | 5:03 | 6 | 24:15 | 6 | 24:15 |
| Bispingen | 8.90 | 38:55 | 4:22 | 3 | 5:29 | 3 | 5:29 | 42.40 | 3:28:29 | 4:55 | 5 | 29:44 | 5 | 29:44 |
| Overhaverbeck | 10.80 | 50:33 | 4:40 | 5 | 6:57 | 5 | 6:57 | 53.20 | 4:19:02 | 4:52 | 4 | 36:41 | 4 | 36:41 |
| Undeloh | 6.90 | 48:44 | 7:03 | 21 | 17:59 | 21 | 17:59 | 60.10 | 5:07:46 | 5:07 | 5 | 52:00 | 5 | 52:00 |
| Egestorf | 9.20 | 55:45 | 6:03 | 16 | 14:40 | 16 | 14:40 | 69.30 | 6:03:31 | 5:14 | 6 | 1:04:55 | 6 | 1:04:55 |
| Salzhausen | 10.70 | 49:43 | 4:38 | 9 | 5:25 | 9 | 5:25 | 80.00 | 6:53:14 | 5:09 | 7 | 1:05:45 | 7 | 1:05:45 |
| Südergellersen | 10.90 | 55:53 | 5:07 | 4 | 14:54 | 4 | 14:54 | 90.90 | 7:49:07 | 5:09 | 4 | 1:08:23 | 4 | 1:08:23 |
| Sülzwiesen | 9.10 | 53:28 | 5:52 | 16 | 18:44 | 16 | 18:44 | 100.00 | 8:42:35 | 5:13 | 5 | 1:17:33 | 5 | 1:17:33 |