



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Nordmark

□□: Nordmark Pharma

□□: 324

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□:

5-10er Staffel

□□□: 8:42:35

□□: 11.48 km/h

□□□□: 5:13 min/km

□□□□□: 5 (of 28)

□□□□□□: 7:25:02

□□□□□: 5(of 28)

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

□□□	□□ 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