



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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## Hamburg Running Rockets 2

□□□: 8:43:24

□□: Hamburg Running

□□: 11.46 km/h

□□: 308

□□□□: 5:14 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 6 (of 28)

□□□□□□: 7:25:02

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5-10er Staffel

□□□□□□□: 7:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	51:10	4:58	5	10:41	5	10:41	10.30	51:10	4:58	5	10:41	5	10:41
Amelinghausen	13.80	1:05:26	4:44	6	13:12	6	13:12	24.10	1:56:36	4:50	6	20:27	6	20:27
Schwindebeck	9.40	49:35	5:16	8	8:05	8	8:05	33.50	2:46:11	4:57	5	20:52	5	20:52
Bispingen	8.90	47:38	5:21	9	14:12	9	14:12	42.40	3:33:49	5:02	6	35:04	6	35:04
Overhaverbeck	10.80	55:06	5:06	12	11:30	12	11:30	53.20	4:28:55	5:03	5	46:34	5	46:34
Undeloh	6.90	38:12	5:32	10	7:27	10	7:27	60.10	5:07:07	5:06	4	51:21	4	51:21
Egestorf	9.20	47:28	5:09	5	6:23	5	6:23	69.30	5:54:35	5:06	5	55:59	5	55:59
Salzhausen	10.70	56:09	5:14	11	11:51	11	11:51	80.00	6:50:44	5:08	5	1:03:15	5	1:03:15
Südergellersen	10.90	1:05:16	5:59	13	24:17	13	24:17	90.90	7:56:00	5:14	6	1:15:16	6	1:15:16
Sülzwiesen	9.10	47:24	5:12	8	12:40	8	12:40	100.00	8:43:24	5:14	6	1:18:22	6	1:18:22