



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Hamburg Running Rockets 1

□□: Hamburg Running

□□: 307

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

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5-10er Staffel

□□□: 8:54:37

□□: 11.22 km/h

□□□□: 5:20 min/km

□□□□□: 8 (of 28)

□□□□□□: 7:25:02

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 1:09:50 | 6:46 | 26 | 29:21 | 26 | 29:21 | 10.30 | 1:09:50 | 6:46 | 26 | 29:21 | 26 | 29:21 |
| Amelinghausen | 13.80 | 1:05:43 | 4:45 | 7 | 13:29 | 7 | 13:29 | 24.10 | 2:15:33 | 5:37 | 16 | 39:24 | 16 | 39:24 |
| Schwindebeck | 9.40 | 48:11 | 5:07 | 6 | 6:41 | 6 | 6:41 | 33.50 | 3:03:44 | 5:29 | 10 | 38:25 | 10 | 38:25 |
| Bispingen | 8.90 | 1:01:43 | 6:56 | 22 | 28:17 | 22 | 28:17 | 42.40 | 4:05:27 | 5:47 | 14 | 1:06:42 | 14 | 1:06:42 |
| Overhaverbeck | 10.80 | 52:51 | 4:53 | 7 | 9:15 | 7 | 9:15 | 53.20 | 4:58:18 | 5:36 | 11 | 1:15:57 | 11 | 1:15:57 |
| Undeloh | 6.90 | 42:08 | 6:06 | 16 | 11:23 | 16 | 11:23 | 60.10 | 5:40:26 | 5:39 | 11 | 1:24:40 | 11 | 1:24:40 |
| Egestorf | 9.20 | 54:12 | 5:53 | 11 | 13:07 | 11 | 13:07 | 69.30 | 6:34:38 | 5:41 | 12 | 1:36:02 | 12 | 1:36:02 |
| Salzhausen | 10.70 | 46:35 | 4:21 | 3 | 2:17 | 3 | 2:17 | 80.00 | 7:21:13 | 5:30 | 10 | 1:33:44 | 10 | 1:33:44 |
| Südergellersen | 10.90 | 58:40 | 5:22 | 5 | 17:41 | 5 | 17:41 | 90.90 | 8:19:53 | 5:29 | 9 | 1:39:09 | 9 | 1:39:09 |
| Sülzwiesen | 9.10 | 34:44 | 3:49 | 1 | - | 1 | - | 100.00 | 8:54:37 | 5:20 | 8 | 1:29:35 | 8 | 1:29:35 |