



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Heide Ultras

□□□: 8:55:06

□□: 310

□□: 11.21 km/h

□□□□: 5:21 min/km

□□: 100.00 km

Ultra-Marathon 5-10er Staffel

□□□□□: 9 (of 28)

□□□□□□: 7:25:02

□□□□:

□□□□□: 9(of 28)

5-10er Staffel

□□□□□□□: 7:25:02

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	53:14	5:10	11	12:45	11	12:45	10.30	53:14	5:10	11	12:45	11	12:45
Amelinghausen	13.80	1:12:50	5:16	13	20:36	13	20:36	24.10	2:06:04	5:13	9	29:55	9	29:55
Schwindebeck	9.40	52:47	5:36	12	11:17	12	11:17	33.50	2:58:51	5:20	9	33:32	9	33:32
Bispingen	8.90	45:19	5:05	7	11:53	7	11:53	42.40	3:44:10	5:17	7	45:25	7	45:25
Overhaverbeck	10.80	54:25	5:02	9	10:49	9	10:49	53.20	4:38:35	5:14	7	56:14	7	56:14
Undeloh	6.90	34:08	4:56	4	3:23	4	3:23	60.10	5:12:43	5:12	7	56:57	7	56:57
Egestorf	9.20	41:05	4:27	1	-	1	-	69.30	5:53:48	5:06	4	55:12	4	55:12
Salzhausen	10.70	49:34	4:37	7	5:16	7	5:16	80.00	6:43:22	5:02	4	55:53	4	55:53
Südergellersen	10.90	1:19:59	7:20	27	39:00	27	39:00	90.90	8:03:21	5:19	8	1:22:37	8	1:22:37
Sülzwiesen	9.10	51:45	5:41	14	17:01	14	17:01	100.00	8:55:06	5:21	9	1:30:04	9	1:30:04