



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Go-Gö

□□□: 10:57:51

□□: 203

□□: 9.12 km/h

□□□□: 6:34 min/km

□□: 100.00 km

Ultra-Marathon 2er-Staffel

□□□□□: 1 (of 4)

□□□□□□: 10:57:51

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□□□□□: 1(of 4)

2er Staffel

□□□□□□□: 10:57:51

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Südergellersen | 10.30 | 59:45 | 5:48 | 2 | 0:05 | 2 | 0:05 | 10.30 | 59:45 | 5:48 | 2 | 0:05 | 2 | 0:05 |
| Amelinghausen | 13.80 | 1:19:30 | 5:45 | 1 | - | 1 | - | 24.10 | 2:19:15 | 5:46 | 1 | - | 1 | - |
| Schwindebeck | 9.40 | 53:50 | 5:43 | 1 | - | 1 | - | 33.50 | 3:13:05 | 5:45 | 1 | - | 1 | - |
| Bispingen | 8.90 | 56:11 | 6:18 | 1 | - | 1 | - | 42.40 | 4:09:16 | 5:52 | 1 | - | 1 | - |
| Overhaverbeck | 10.80 | 1:12:38 | 6:43 | 1 | - | 1 | - | 53.20 | 5:21:54 | 6:03 | 1 | - | 1 | - |
| Undeloh | 6.90 | 43:13 | 6:15 | 3 | 6:23 | 3 | 6:23 | 60.10 | 6:05:07 | 6:04 | 1 | - | 1 | - |
| Egestorf | 9.20 | 1:01:00 | 6:37 | 2 | 1:33 | 2 | 1:33 | 69.30 | 7:06:07 | 6:08 | 1 | - | 1 | - |
| Salzhausen | 10.70 | 1:13:49 | 6:53 | 1 | - | 1 | - | 80.00 | 8:19:56 | 6:14 | 1 | - | 1 | - |
| Südergellersen | 10.90 | 1:23:06 | 7:37 | 1 | - | 1 | - | 90.90 | 9:43:02 | 6:24 | 1 | - | 1 | - |
| Sülzwiesen | 9.10 | 1:14:49 | 8:13 | 2 | 1:43 | 2 | 1:43 | 100.00 | 10:57:51 | 6:34 | 1 | - | 1 | - |