



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Ultrabois

□□: Dokobois

□□: 207

□□: 100.00 km

Ultra-Marathon 2er-Staffel

□□□□:

2er Staffel

□□□: 11:27:32

□□: 8.73 km/h

□□□□: 6:52 min/km

□□□□□: 2 (of 4)

□□□□□□: 10:57:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	59:40	5:47	1	-	1	-	10.30	59:40	5:47	1	-	1	-
Amelinghausen	13.80	1:19:36	5:46	2	0:06	2	0:06	24.10	2:19:16	5:46	2	0:01	2	0:01
Schwindebeck	9.40	58:14	6:11	2	4:24	2	4:24	33.50	3:17:30	5:53	2	4:25	2	4:25
Bispingen	8.90	58:52	6:36	2	2:41	2	2:41	42.40	4:16:22	6:02	2	7:06	2	7:06
Overhaverbeck	10.80	1:16:14	7:03	2	3:36	2	3:36	53.20	5:32:36	6:15	2	10:42	2	10:42
Undeloh	6.90	36:50	5:20	1	-	1	-	60.10	6:09:26	6:08	2	4:19	2	4:19
Egestorf	9.20	59:27	6:27	1	-	1	-	69.30	7:08:53	6:11	2	2:46	2	2:46
Salzhausen	10.70	1:21:20	7:36	3	7:31	3	7:31	80.00	8:30:13	6:22	2	10:17	2	10:17
Südergellersen	10.90	1:38:05	8:59	3	14:59	3	14:59	90.90	10:08:18	6:41	2	25:16	2	25:16
Sülzwiesen	9.10	1:19:14	8:42	3	6:08	3	6:08	100.00	11:27:32	6:52	2	29:41	2	29:41