



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Die Rötzis

00: ohne

00: 201

00: 100.00 km

Ultra-Marathon 2er-Staffel

0000:

2er Staffel

000: 14:06:29

00: 7.09 km/h

0000: 8:27 min/km

00000: 4 (of 4)

000000: 10:57:51

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Südergellersen	10.30	1:12:25	7:01	4	12:45	4	12:45	10.30	1:12:25	7:01	4	12:45	4	12:45
Amelinghausen	13.80	1:37:54	7:05	4	18:24	4	18:24	24.10	2:50:19	7:04	4	31:04	4	31:04
Schwindebeck	9.40	1:16:45	8:09	4	22:55	4	22:55	33.50	4:07:04	7:22	4	53:59	4	53:59
Bispingen	8.90	1:21:45	9:11	4	25:34	4	25:34	42.40	5:28:49	7:45	4	1:19:33	4	1:19:33
Overhaverbeck	10.80	1:41:41	9:24	4	29:03	4	29:03	53.20	7:10:30	8:05	4	1:48:36	4	1:48:36
Undeloh	6.90	55:06	7:59	4	18:16	4	18:16	60.10	8:05:36	8:04	4	2:00:29	4	2:00:29
Egestorf	9.20	1:17:26	8:25	4	17:59	4	17:59	69.30	9:23:02	8:07	4	2:16:55	4	2:16:55
Salzhausen	10.70	1:33:38	8:45	4	19:49	4	19:49	80.00	10:56:40	8:12	4	2:36:44	4	2:36:44
Südergellersen	10.90	1:42:08	9:22	4	19:02	4	19:02	90.90	12:38:48	8:20	4	2:55:46	4	2:55:46
Sülzwiesen	9.10	1:27:41	9:38	4	14:35	4	14:35	100.00	14:06:29	8:27	4	3:08:38	4	3:08:38