



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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**Lena Plamp**

□□: FH Runners Berlin

□□: 46

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Frauen (20-29 Jahre)

□□□: 10:37:59

□□: 9.40 km/h

□□□□: 6:22 min/km

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□□□□□□: 10:37:59

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Südergellersen	10.30	1:02:23	6:03	1	-	4	1:55	10.30	1:02:23	6:03	1	-	4	1:55	
Amelinghausen	13.80	1:21:56	5:56	1	-	3	1:30	24.10	2:24:19	5:59	1	-	4	3:25	
Schwindebeck	9.40	57:05	6:04	1	-	1	-	33.50	3:21:24	6:00	1	-	4	2:26	
Bispingen	8.90	55:13	6:12	1	-	2	2:55	42.40	4:16:37	6:03	1	-	2	5:21	
Overhaverbeck	10.80	1:08:23	6:19	1	-	1	-	53.20	5:25:00	6:06	1	-	2	1:31	
Undeloh	6.90	45:56	6:39	1	-	2	1:33	60.10	6:10:56	6:10	1	-	2	3:04	
Egestorf	9.20	1:02:03	6:44	1	-	1	-	69.30	7:12:59	6:14	1	-	1	-	
Salzhausen	10.70	1:12:15	6:45	1	-	1	-	80.00	8:25:14	6:18	1	-	1	-	
Südergellersen	10.90	1:13:11	6:42	1	-	1	-	90.90	9:38:25	6:21	1	-	1	-	
Sülzwiesen	9.10	59:34	6:32	1	-	2	59:34	100.00	10:37:59	6:22	1	-	1	-	