



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Friederika Batschko

□□□: 12:36:53

□□: 5

□□: 7.93 km/h

□□□□: 7:34 min/km

□□: 100.00 km

□□□□□/□□□□: 31 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 5 (of 12)

□□□□□□: 10:37:59

□□□□:

□□□□□: 2(of 2)

Frauen (20-29 Jahre)

□□□□□□□: 10:37:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:04	6:48	2	7:41	8	9:36	10.30	1:10:04	6:48	2	7:41	8	9:36	
Amelinghausen	13.80	1:33:04	6:44	2	11:08	7	12:38	24.10	2:43:08	6:46	2	18:49	6	22:14	
Schwindebeck	9.40	1:04:05	6:49	2	7:00	5	7:00	33.50	3:47:13	6:46	2	25:49	5	28:15	
Bispingen	8.90	1:02:22	7:00	2	7:09	6	10:04	42.40	4:49:35	6:49	2	32:58	5	38:19	
Overhaverbeck	10.80	1:17:19	7:09	2	8:56	4	8:56	53.20	6:06:54	6:53	2	41:54	5	43:25	
Undeloh	6.90	56:23	8:10	2	10:27	7	12:00	60.10	7:03:17	7:02	2	52:21	5	55:25	
Egestorf	9.20	1:12:47	7:54	2	10:44	4	10:44	69.30	8:16:04	7:09	2	1:03:05	5	1:03:05	
Salzhausen	10.70	1:21:39	7:37	2	9:24	4	9:24	80.00	9:37:43	7:13	2	1:12:29	4	1:12:29	
Südergellersen	10.90	1:41:36	9:19	2	28:25	6	28:25	90.90	11:19:19	7:28	2	1:40:54	4	1:40:54	
Sülzwiesen	9.10	1:17:34	8:31	2	18:00	8	1:17:34	100.00	12:36:53	7:34	2	1:58:54	5	1:58:54	