



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Sören Hand

□□□: 9:57:43

□□: 71

□□: 10.04 km/h

□□□□: 5:58 min/km

□□: 100.00 km

□□□□□/□□□: 4 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 4 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 1(of 6)

Senioren M30 (30-34 Jahre)

□□□□□□□: 9:57:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	54:00	5:14	2	0:05	4	0:11	10.30	54:00	5:14	2	0:05	4	0:11	
Amelinghausen	13.80	1:09:54	5:03	1	-	2	3:45	24.10	2:03:54	5:08	1	-	2	3:43	
Schwindebeck	9.40	48:49	5:11	2	0:01	4	4:21	33.50	2:52:43	5:09	1	-	2	8:04	
Bispingen	8.90	48:21	5:25	2	0:53	5	4:33	42.40	3:41:04	5:12	2	0:38	4	12:37	
Overhaverbeck	10.80	1:01:14	5:40	2	0:42	4	5:54	53.20	4:42:18	5:18	2	1:20	4	18:31	
Undeloh	6.90	42:46	6:11	2	1:24	6	5:04	60.10	5:25:04	5:24	2	2:44	4	23:35	
Egestorf	9.20	1:02:34	6:48	1	-	8	9:04	69.30	6:27:38	5:35	1	-	3	32:39	
Salzhausen	10.70	1:13:04	6:49	1	-	6	8:55	80.00	7:40:42	5:45	1	-	3	41:34	
Südergellersen	10.90	1:17:43	7:07	2	0:11	8	7:44	90.90	8:58:25	5:55	1	-	3	49:18	
Sülzwiesen	9.10	59:18	6:30	2	2:39	9	59:18	100.00	9:57:43	5:58	1	-	4	49:31	