



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Martin Englert

□□□: 11:58:07

□□: 16

□□: 8.36 km/h

□□□□: 7:10 min/km

□□: 100.00 km

□□□□□/□□□: 23 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 21 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 4(of 6)

Senioren M30 (30-34 Jahre)

□□□□□□□: 9:57:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:09:31	6:44	6	15:36	41	15:42	10.30	1:09:31	6:44	6	15:36	41	15:42
Amelinghausen	13.80	1:29:33	6:29	5	19:39	32	23:24	24.10	2:39:04	6:36	6	35:10	41	38:53
Schwindebeck	9.40	1:03:20	6:44	4	14:32	33	18:52	33.50	3:42:24	6:38	5	49:41	35	57:45
Bispingen	8.90	1:03:06	7:05	5	15:38	36	19:18	42.40	4:45:30	6:44	5	1:05:04	33	1:17:03
Overhaverbeck	10.80	1:20:01	7:24	4	19:29	27	24:41	53.20	6:05:31	6:52	4	1:24:33	32	1:41:44
Undeloh	6.90	52:57	7:40	5	11:35	24	15:15	60.10	6:58:28	6:57	4	1:36:08	27	1:56:59
Egestorf	9.20	1:13:30	7:59	4	10:56	21	20:00	69.30	8:11:58	7:05	4	1:44:20	26	2:16:59
Salzhausen	10.70	1:22:38	7:43	4	9:34	20	18:29	80.00	9:34:36	7:10	4	1:53:54	25	2:35:28
Südergellersen	10.90	1:26:52	7:58	4	9:20	14	16:53	90.90	11:01:28	7:16	4	2:03:03	22	2:52:21
Sülzwiesen	9.10	56:39	6:13	1	-	5	56:39	100.00	11:58:07	7:10	4	2:00:24	21	2:49:55