



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Lars Solheid

□□□: 12:46:41

□□: 58

□□: 7.83 km/h

□□□□: 7:40 min/km

□□: 100.00 km

□□□□□/□□□: 33 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 28 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 5(of 6)

Senioren M30 (30-34 Jahre)

□□□□□□□: 9:57:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:08:48	6:40	5	14:53	40	14:59	10.30	1:08:48	6:40	5	14:53	40	14:59	
Amelinghausen	13.80	1:29:36	6:29	6	19:42	33	23:27	24.10	2:38:24	6:34	5	34:30	40	38:13	
Schwindebeck	9.40	1:05:26	6:57	5	16:38	37	20:58	33.50	3:43:50	6:40	6	51:07	36	59:11	
Bispingen	8.90	1:01:30	6:54	4	14:02	30	17:42	42.40	4:45:20	6:43	4	1:04:54	32	1:16:53	
Overhaverbeck	10.80	1:31:28	8:28	5	30:56	39	36:08	53.20	6:16:48	7:04	5	1:35:50	37	1:53:01	
Undeloh	6.90	51:32	7:28	4	10:10	21	13:50	60.10	7:08:20	7:07	5	1:46:00	36	2:06:51	
Egestorf	9.20	1:18:06	8:29	5	15:32	27	24:36	69.30	8:26:26	7:18	5	1:58:48	33	2:31:27	
Salzhausen	10.70	1:26:17	8:03	5	13:13	23	22:08	80.00	9:52:43	7:24	5	2:12:01	29	2:53:35	
Südergellersen	10.90	1:37:31	8:56	5	19:59	19	27:32	90.90	11:30:14	7:35	5	2:31:49	29	3:21:07	
Sülzwiesen	9.10	1:16:27	8:24	5	19:48	27	1:16:27	100.00	12:46:41	7:40	5	2:48:58	28	3:38:29	