



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Martin Watzke

□□: TuS Lehmden

□□: 65

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 9:43:30

□□: 10.28 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 2 (of 63)

□□□□□/□: 2 (of 51)

□□□□□□: 9:08:12

□□□□□: 1(of 9)

□□□□□□□: 9:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	53:49	5:13	1	-	1	-	10.30	53:49	5:13	1	-	1	-	
Amelinghausen	13.80	1:10:21	5:05	1	-	5	4:12	24.10	2:04:10	5:09	1	-	3	3:59	
Schwindebeck	9.40	48:34	5:10	1	-	2	4:06	33.50	2:52:44	5:09	1	-	3	8:05	
Bispingen	8.90	47:51	5:22	1	-	3	4:03	42.40	3:40:35	5:12	1	-	3	12:08	
Overhaverbeck	10.80	1:00:40	5:37	1	-	3	5:20	53.20	4:41:15	5:17	1	-	3	17:28	
Undeloh	6.90	40:16	5:50	1	-	3	2:34	60.10	5:21:31	5:20	1	-	2	20:02	
Egestorf	9.20	56:52	6:10	1	-	3	3:22	69.30	6:18:23	5:27	1	-	2	23:24	
Salzhausen	10.70	1:08:13	6:22	1	-	3	4:04	80.00	7:26:36	5:34	1	-	2	27:28	
Südergellersen	10.90	1:16:57	7:03	1	-	6	6:58	90.90	8:43:33	5:45	1	-	2	34:26	
Sülzwiesen	9.10	59:57	6:35	1	-	11	59:57	100.00	9:43:30	5:50	1	-	2	35:18	