



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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**Stefan Schumacher**

□□□: 10:44:23

□□: für Mathilda

□□: 9.31 km/h

□□: 55

□□□□: 6:26 min/km

□□: 100.00 km

□□□□□/□□□: 11 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 10 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 3(of 9)

Senioren M40 (40-44 Jahre)

□□□□□□□: 9:43:30

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30    | 1:01:00  | 5:55         | 5       | 7:11    | 20      | 7:11    | 10.30  | 1:01:00   | 5:55      | 5             | 7:11    | 20      | 7:11    |         |
| Amelinghausen  | 13.80    | 1:21:16  | 5:53         | 4       | 10:55   | 21      | 15:07   | 24.10  | 2:22:16   | 5:54      | 5             | 18:06   | 19      | 22:05   |         |
| Schwindebeck   | 9.40     | 57:23    | 6:06         | 4       | 8:49    | 19      | 12:55   | 33.50  | 3:19:39   | 5:57      | 4             | 26:55   | 17      | 35:00   |         |
| Bispingen      | 8.90     | 54:44    | 6:08         | 5       | 6:53    | 17      | 10:56   | 42.40  | 4:14:23   | 5:59      | 5             | 33:48   | 17      | 45:56   |         |
| Overhaverbeck  | 10.80    | 1:07:51  | 6:16         | 3       | 7:11    | 8       | 12:31   | 53.20  | 5:22:14   | 6:03      | 4             | 40:59   | 14      | 58:27   |         |
| Undeloh        | 6.90     | 45:57    | 6:39         | 3       | 5:41    | 13      | 8:15    | 60.10  | 6:08:11   | 6:07      | 4             | 46:40   | 14      | 1:06:42 |         |
| Egestorf       | 9.20     | 58:42    | 6:22         | 2       | 1:50    | 5       | 5:12    | 69.30  | 7:06:53   | 6:09      | 3             | 48:30   | 10      | 1:11:54 |         |
| Salzhausen     | 10.70    | 1:16:09  | 7:07         | 2       | 7:56    | 9       | 12:00   | 80.00  | 8:23:02   | 6:17      | 2             | 56:26   | 10      | 1:23:54 |         |
| Südergellersen | 10.90    | 1:19:24  | 7:17         | 2       | 2:27    | 10      | 9:25    | 90.90  | 9:42:26   | 6:24      | 2             | 58:53   | 10      | 1:33:19 |         |
| Sülzwiesen     | 9.10     | 1:01:57  | 6:48         | 3       | 2:00    | 15      | 1:01:57 | 100.00 | 10:44:23  | 6:26      | 3             | 1:00:53 | 10      | 1:36:11 |         |