



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Andreas Geniffke

□□: BaraFriidrott

□□: 19

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 12:17:00

□□: 8.14 km/h

□□□□: 7:22 min/km

□□□□□/□□□: 27 (of 63)

□□□□□/□: 25 (of 51)

□□□□□□: 9:08:12

□□□□□: 6(of 9)

□□□□□□□: 9:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:04	5:55	6	7:15	21	7:15	10.30	1:01:04	5:55	6	7:15	21	7:15	
Amelinghausen	13.80	1:25:46	6:12	7	15:25	29	19:37	24.10	2:26:50	6:05	6	22:40	26	26:39	
Schwindebeck	9.40	59:41	6:20	7	11:07	28	15:13	33.50	3:26:31	6:09	7	33:47	27	41:52	
Bispingen	8.90	56:45	6:22	6	8:54	20	12:57	42.40	4:23:16	6:12	6	42:41	24	54:49	
Overhaverbeck	10.80	1:11:11	6:35	5	10:31	15	15:51	53.20	5:34:27	6:17	6	53:12	19	1:10:40	
Undeloh	6.90	52:04	7:32	5	11:48	22	14:22	60.10	6:26:31	6:25	6	1:05:00	20	1:25:02	
Egestorf	9.20	1:19:11	8:36	6	22:19	28	25:41	69.30	7:45:42	6:43	6	1:27:19	22	1:50:43	
Salzhausen	10.70	1:29:25	8:21	5	21:12	25	25:16	80.00	9:15:07	6:56	6	1:48:31	23	2:15:59	
Südergellersen	10.90	1:46:57	9:48	7	30:00	27	36:58	90.90	11:02:04	7:17	6	2:18:31	24	2:52:57	
Sülzwiesen	9.10	1:14:56	8:14	5	14:59	23	1:14:56	100.00	12:17:00	7:22	6	2:33:30	25	3:08:48	