



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Gordian Kater

□□□: 12:58:59

□□: TSV Fuhlen

□□: 7.70 km/h

□□: 28

□□□□: 7:47 min/km

□□: 100.00 km

□□□□□/□□□: 34 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 29 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 7(of 9)

Senioren M40 (40-44 Jahre)

□□□□□□□: 9:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:33	6:10	7	9:44	28	9:44	10.30	1:03:33	6:10	7	9:44	28	9:44	
Amelinghausen	13.80	1:24:15	6:06	6	13:54	27	18:06	24.10	2:27:48	6:07	7	23:38	29	27:37	
Schwindebeck	9.40	58:34	6:13	6	10:00	24	14:06	33.50	3:26:22	6:09	6	33:38	26	41:43	
Bispingen	8.90	1:00:46	6:49	7	12:55	28	16:58	42.40	4:27:08	6:18	7	46:33	26	58:41	
Overhaverbeck	10.80	1:18:32	7:16	7	17:52	23	23:12	53.20	5:45:40	6:29	7	1:04:25	26	1:21:53	
Undeloh	6.90	1:00:10	8:43	8	19:54	35	22:28	60.10	6:45:50	6:45	7	1:24:19	26	1:44:21	
Egestorf	9.20	1:22:16	8:56	7	25:24	31	28:46	69.30	8:08:06	7:02	7	1:49:43	25	2:13:07	
Salzhausen	10.70	1:30:47	8:29	6	22:34	26	26:38	80.00	9:38:53	7:14	7	2:12:17	27	2:39:45	
Südergellersen	10.90	1:47:26	9:51	8	30:29	29	37:27	90.90	11:26:19	7:33	7	2:42:46	27	3:17:12	
Sülzwiesen	9.10	1:32:40	10:10	9	32:43	35	1:32:40	100.00	12:58:59	7:47	7	3:15:29	29	3:50:47	