



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Kirsten-Ralph Tolksdorf

□□□: 10:45:12

□□: 64

□□: 9.30 km/h

□□□□: 6:27 min/km

□□: 100.00 km

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Ultra-Marathon Einzel

□□□□□/□: 11 (of 51)

□□□□□□: 9:08:12

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□□□□□: 1(of 10)

Senioren M45 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	56:36	5:29	3	2:44	11	2:47	10.30	56:36	5:29	3	2:44	11	2:47	
Amelinghausen	13.80	1:14:09	5:22	3	3:51	9	8:00	24.10	2:10:45	5:25	3	6:35	9	10:34	
Schwindebeck	9.40	51:09	5:26	2	2:20	8	6:41	33.50	3:01:54	5:25	2	8:55	8	17:15	
Bispingen	8.90	49:09	5:31	1	-	6	5:21	42.40	3:51:03	5:26	2	7:52	7	22:36	
Overhaverbeck	10.80	1:06:20	6:08	1	-	6	11:00	53.20	4:57:23	5:35	1	-	5	33:36	
Undeloh	6.90	43:20	6:16	1	-	8	5:38	60.10	5:40:43	5:40	1	-	5	39:14	
Egestorf	9.20	1:07:04	7:17	1	-	12	13:34	69.30	6:47:47	5:53	1	-	7	52:48	
Salzhausen	10.70	1:16:03	7:06	1	-	8	11:54	80.00	8:03:50	6:02	1	-	6	1:04:42	
Südergellersen	10.90	1:31:44	8:24	2	11:57	18	21:45	90.90	9:35:34	6:19	1	-	8	1:26:27	
Sülzwiesen	9.10	1:09:38	7:39	3	10:04	20	1:09:38	100.00	10:45:12	6:27	1	-	11	1:37:00	