



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Björn Cordes

□□: Oldenburg

□□: 8

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 11:04:46

□□: 9.03 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 16 (of 63)

□□□□□/□: 14 (of 51)

□□□□□□: 9:08:12

□□□□□: 2(of 10)

□□□□□□□: 10:45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	53:52	5:13	1	-	2	0:03	10.30	53:52	5:13	1	-	2	0:03	
Amelinghausen	13.80	1:10:18	5:05	1	-	4	4:09	24.10	2:04:10	5:09	1	-	3	3:59	
Schwindebeck	9.40	48:49	5:11	1	-	4	4:21	33.50	2:52:59	5:09	1	-	5	8:20	
Bispingen	8.90	50:12	5:38	2	1:03	7	6:24	42.40	3:43:11	5:15	1	-	5	14:44	
Overhaverbeck	10.80	1:45:20	9:45	9	39:00	45	50:00	53.20	5:28:31	6:10	3	31:08	17	1:04:44	
Undeloh	6.90	48:23	7:00	2	5:03	17	10:41	60.10	6:16:54	6:16	3	36:11	18	1:15:25	
Egestorf	9.20	1:10:32	7:40	2	3:28	17	17:02	69.30	7:27:26	6:27	3	39:39	18	1:32:27	
Salzhausen	10.70	1:17:59	7:17	2	1:56	13	13:50	80.00	8:45:25	6:34	3	41:35	18	1:46:17	
Südergellersen	10.90	1:19:47	7:19	1	-	12	9:48	90.90	10:05:12	6:39	2	29:38	14	1:56:05	
Sülzwiesen	9.10	59:34	6:32	1	-	10	59:34	100.00	11:04:46	6:38	2	19:34	14	1:56:34	