



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Feetu Nyrhinen

□□□: 13:03:27

□□: 45

□□: 7.66 km/h

□□□□: 7:50 min/km

□□: 100.00 km

□□□□□/□□□: 35 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 30 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 5(of 10)

Senioren M45 (45-49 Jahre)

□□□□□□□: 10:45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:05	6:19	7	11:13	32	11:16	10.30	1:05:05	6:19	7	11:13	32	11:16	
Amelinghausen	13.80	1:31:16	6:36	7	20:58	38	25:07	24.10	2:36:21	6:29	6	32:11	33	36:10	
Schwindebeck	9.40	59:15	6:18	5	10:26	27	14:47	33.50	3:35:36	6:26	5	42:37	29	50:57	
Bispingen	8.90	59:53	6:43	5	10:44	24	16:05	42.40	4:35:29	6:29	5	52:18	28	1:07:02	
Overhaverbeck	10.80	1:20:35	7:27	5	14:15	28	25:15	53.20	5:56:04	6:41	5	58:41	28	1:32:17	
Undeloh	6.90	1:08:08	9:52	8	24:48	43	30:26	60.10	7:04:12	7:03	7	1:23:29	34	2:02:43	
Egestorf	9.20	1:19:39	8:39	6	12:35	29	26:09	69.30	8:23:51	7:16	6	1:36:04	30	2:28:52	
Salzhausen	10.70	1:30:49	8:29	4	14:46	27	26:40	80.00	9:54:40	7:25	5	1:50:50	30	2:55:32	
Südergellersen	10.90	1:38:38	9:02	4	18:51	21	28:39	90.90	11:33:18	7:37	5	1:57:44	30	3:24:11	
Sülzwiesen	9.10	1:30:09	9:54	5	30:35	34	1:30:09	100.00	13:03:27	7:50	5	2:18:15	30	3:55:15	