



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Peter Kreutzer

□□□: 14:45:59

□□: 33

□□: 6.77 km/h

□□□□: 8:51 min/km

□□: 100.00 km

□□□□□/□□□: 44 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 36 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 6(of 10)

Senioren M45 (45-49 Jahre)

□□□□□□□: 10:45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:59	6:36	8	14:07	39	14:10	10.30	1:07:59	6:36	8	14:07	39	14:10
Amelinghausen	13.80	1:30:14	6:32	6	19:56	35	24:05	24.10	2:38:13	6:33	8	34:03	37	38:02
Schwindebeck	9.40	1:03:28	6:45	8	14:39	34	19:00	33.50	3:41:41	6:37	7	48:42	34	57:02
Bispingen	8.90	1:05:46	7:23	9	16:37	37	21:58	42.40	4:47:27	6:46	7	1:04:16	34	1:19:00
Overhaverbeck	10.80	1:27:30	8:06	7	21:10	38	32:10	53.20	6:14:57	7:02	8	1:17:34	36	1:51:10
Undeloh	6.90	58:23	8:27	6	15:03	33	20:41	60.10	7:13:20	7:12	8	1:32:37	38	2:11:51
Egestorf	9.20	1:32:35	10:03	8	25:31	38	39:05	69.30	8:45:55	7:35	8	1:58:08	37	2:50:56
Salzhausen	10.70	2:05:21	11:42	6	49:18	42	1:01:12	80.00	10:51:16	8:08	7	2:47:26	37	3:52:08
Südergellersen	10.90	2:12:47	12:10	6	53:00	40	1:02:48	90.90	13:04:03	8:37	6	3:28:29	37	4:54:56
Sülzwiesen	9.10	1:41:56	11:12	6	42:22	40	1:41:56	100.00	14:45:59	8:51	6	4:00:47	36	5:37:47