



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Marco Block-Berlitz

□□: 6

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M45 (45-49 Jahre)

□□□□□/□□□□: DNF (of 63)

□□□□□/□: DNF (of 51)

□□□□□□: 9:08:12

□□□□□: DNF(of 10)

□□□□□□□: 10:45:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:12:43	7:03	10	18:51	46	18:54	10.30	1:12:43	7:03	10	18:51	46	18:54	
Amelinghausen	13.80	1:34:23	6:50	9	24:05	43	28:14	24.10	2:47:06	6:56	10	42:56	45	46:55	
Schwindebeck	9.40	1:02:22	6:38	6	13:33	29	17:54	33.50	3:49:28	6:50	8	56:29	40	1:04:49	
Bispingen	8.90	1:00:41	6:49	6	11:32	27	16:53	42.40	4:50:09	6:50	8	1:06:58	37	1:21:42	
Overhaverbeck	10.80	1:23:34	7:44	6	17:14	33	28:14	53.20	6:13:43	7:01	7	1:16:20	35	1:49:56	
Undeloh	6.90	48:57	7:05	3	5:37	19	11:15	60.10	7:02:40	7:01	5	1:21:57	30	2:01:11	
Egestorf	9.20	1:16:22	8:18	5	9:18	26	22:52	69.30	8:19:02	7:12	5	1:31:15	28	2:24:03	
Salzhausen	10.70	2:15:54	12:42	7	59:51	43	1:11:45	80.00	10:34:56	7:56	6	2:31:06	35	3:35:48	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	-	-	7	-	43	-	100.00	-	-	-	-	-	-	