



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Rico Mühlberg

□□: 72

□□: 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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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30    | 1:05:01  | 6:18         | 6       | 11:09   | 31      | 11:12   | 10.30  | 1:05:01   | 6:18      | 6             | 11:09   | 31      | 11:12   |         |
| Amelinghausen  | 13.80    | 1:31:36  | 6:38         | 8       | 21:18   | 40      | 25:27   | 24.10  | 2:36:37   | 6:29      | 7             | 32:27   | 34      | 36:26   |         |
| Schwindebeck   | 9.40     | 1:02:32  | 6:39         | 7       | 13:43   | 31      | 18:04   | 33.50  | 3:39:09   | 6:32      | 6             | 46:10   | 32      | 54:30   |         |
| Bispingen      | 8.90     | 1:00:55  | 6:50         | 7       | 11:46   | 29      | 17:07   | 42.40  | 4:40:04   | 6:36      | 6             | 56:53   | 29      | 1:11:37 |         |
| Overhaverbeck  | 10.80    | 1:19:52  | 7:23         | 4       | 13:32   | 26      | 24:32   | 53.20  | 5:59:56   | 6:45      | 6             | 1:02:33 | 29      | 1:36:09 |         |
| Undeloh        | 6.90     | 1:03:27  | 9:11         | 7       | 20:07   | 41      | 25:45   | 60.10  | 7:03:23   | 7:02      | 6             | 1:22:40 | 31      | 2:01:54 |         |
| Egestorf       | 9.20     | 1:29:01  | 9:40         | 7       | 21:57   | 35      | 35:31   | 69.30  | 8:32:24   | 7:23      | 7             | 1:44:37 | 34      | 2:37:25 |         |
| Salzhausen     | 10.70    | 5:50:12  | 32:43        | 8       | 4:34:09 | 44      | 4:46:03 | 80.00  | 14:22:36  | 10:46     | 8             | 6:18:46 | 44      | 7:23:28 |         |
| Südergellersen | 10.90    | fehlt!   | -            | -       | -       | -       | -       | 90.90  | -         | -         | -             | -       | -       | -       |         |
| Sülzwiesen     | 9.10     | -        | -            | 7       | -       | 43      | -       | 100.00 | -         | -         | -             | -       | -       | -       |         |