



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	-	-	-	-	-	-	