



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Sven Huth

□□: 24

□□: 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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:10:46	6:52	9	16:54	45	16:57	10.30	1:10:46	6:52	9	16:54	45	16:57	
Amelinghausen	13.80	1:35:03	6:53	10	24:45	45	28:54	24.10	2:45:49	6:52	9	41:39	44	45:38	
Schwindebeck	9.40	1:06:42	7:05	9	17:53	38	22:14	33.50	3:52:31	6:56	9	59:32	41	1:07:52	
Bispingen	8.90	1:02:46	7:03	8	13:37	33	18:58	42.40	4:55:17	6:57	9	1:12:06	40	1:26:50	
Overhaverbeck	10.80	1:35:26	8:50	8	29:06	42	40:06	53.20	6:30:43	7:20	9	1:33:20	40	2:06:56	
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	-	-	7		43	-	100.00	-	-	-	-	-	-	