



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Mike Kanbach

□□: Bovender SV

□□: 27

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 10:27:50

□□: 9.56 km/h

□□□□: 6:16 min/km

□□□□□/□□□□: 7 (of 63)

□□□□□/□: 7 (of 51)

□□□□□□: 9:08:12

□□□□□: 1(of 9)

□□□□□□□: 10:27:50

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:13	5:50	3	3:23	18	6:24	10.30	1:00:13	5:50	3	3:23	18	6:24	
Amelinghausen	13.80	1:19:33	5:45	2	2:57	16	13:24	24.10	2:19:46	5:47	2	6:20	17	19:35	
Schwindebeck	9.40	54:56	5:50	2	0:52	13	10:28	33.50	3:14:42	5:48	2	7:12	15	30:03	
Bispingen	8.90	53:05	5:57	2	0:21	11	9:17	42.40	4:07:47	5:50	2	7:33	15	39:20	
Overhaverbeck	10.80	1:08:31	6:20	1	-	11	13:11	53.20	5:16:18	5:56	1	-	12	52:31	
Undeloh	6.90	43:12	6:15	1	-	7	5:30	60.10	5:59:30	5:58	1	-	10	58:01	
Egestorf	9.20	1:00:42	6:35	1	-	7	7:12	69.30	7:00:12	6:03	1	-	8	1:05:13	
Salzhausen	10.70	1:13:20	6:51	2	7:17	7	9:11	80.00	8:13:32	6:10	1	-	8	1:14:24	
Südergellersen	10.90	1:15:25	6:55	2	1:44	4	5:26	90.90	9:28:57	6:15	1	-	7	1:19:50	
Sülzwiesen	9.10	58:53	6:28	1	-	7	58:53	100.00	10:27:50	6:16	1	-	7	1:19:38	