



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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**Samir Schulz-Meinen**

□□□: 10:53:23

□□: Triabolos Triathlon Hamburg e.V.

□□: 9.18 km/h

□□: 52

□□□□: 6:32 min/km

□□: 100.00 km

□□□□□/□□□: 13 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 12 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 2(of 9)

Senioren M50 (50-54 Jahre)

□□□□□□□: 10:27:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	59:49	5:48	2	2:59	17	6:00	10.30	59:49	5:48	2	2:59	17	6:00	
Amelinghausen	13.80	1:25:48	6:13	7	9:12	30	19:39	24.10	2:25:37	6:02	6	12:11	25	25:26	
Schwindebeck	9.40	58:34	6:13	6	4:30	24	14:06	33.50	3:24:11	6:05	6	16:41	24	39:32	
Bispingen	8.90	1:08:44	7:43	7	16:00	40	24:56	42.40	4:32:55	6:26	6	32:41	27	1:04:28	
Overhaverbeck	10.80	1:10:20	6:30	2	1:49	14	15:00	53.20	5:43:15	6:27	4	26:57	24	1:19:28	
Undeloh	6.90	45:15	6:33	2	2:03	10	7:33	60.10	6:28:30	6:27	3	29:00	22	1:27:01	
Egestorf	9.20	1:04:23	6:59	2	3:41	11	10:53	69.30	7:32:53	6:32	3	32:41	19	1:37:54	
Salzhausen	10.70	1:06:03	6:10	1	-	2	1:54	80.00	8:38:56	6:29	2	25:24	14	1:39:48	
Südergellersen	10.90	1:13:41	6:45	1	-	3	3:42	90.90	9:52:37	6:31	2	23:40	13	1:43:30	
Sülzwiesen	9.10	1:00:46	6:40	2	1:53	12	1:00:46	100.00	10:53:23	6:32	2	25:33	12	1:45:11	