



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Thorsten Stohldreier

□□□: 11:53:43

□□: 100 Marathon Club

□□: 8.41 km/h

□□: 61

□□□□: 7:08 min/km

□□: 100.00 km

□□□□□/□□□: 21 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 19 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 4(of 9)

Senioren M50 (50-54 Jahre)

□□□□□□□: 10:27:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:05	5:55	4	4:15	22	7:16	10.30	1:01:05	5:55	4	4:15	22	7:16	
Amelinghausen	13.80	1:22:21	5:58	5	5:45	24	16:12	24.10	2:23:26	5:57	5	10:00	23	23:15	
Schwindebeck	9.40	57:13	6:05	3	3:09	18	12:45	33.50	3:20:39	5:59	4	13:09	20	36:00	
Bispingen	8.90	57:59	6:30	3	5:15	21	14:11	42.40	4:18:38	6:05	3	18:24	20	50:11	
Overhaverbeck	10.80	1:18:50	7:17	4	10:19	24	23:30	53.20	5:37:28	6:20	3	21:10	23	1:13:41	
Undeloh	6.90	55:39	8:03	5	12:27	28	17:57	60.10	6:33:07	6:32	4	33:37	24	1:31:38	
Egestorf	9.20	1:16:02	8:15	5	15:20	25	22:32	69.30	7:49:09	6:46	4	48:57	23	1:54:10	
Salzhausen	10.70	1:22:07	7:40	4	16:04	19	17:58	80.00	9:11:16	6:53	4	57:44	22	2:12:08	
Südergellersen	10.90	1:29:23	8:12	3	15:42	16	19:24	90.90	10:40:39	7:02	4	1:11:42	21	2:31:32	
Sülzwiesen	9.10	1:13:04	8:01	4	14:11	21	1:13:04	100.00	11:53:43	7:08	4	1:25:53	19	2:45:31	