



# 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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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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 |         |