



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

0000

Guido Giebert

000: 12:21:44

00: 21

00: 8.09 km/h

0000: 7:25 min/km

00: 100.00 km

00000/000: 29 (of 63)

Ultra-Marathon Einzel

00000/0: 26 (of 51)

000000: 9:08:12

0000:

00000: 5(of 9)

Senioren M50 (50-54 Jahre)

0000000: 10:27:50

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0000

000

| 000            | 00    | 00      | 00     | 00 | 00    | 00 | 00      | 000    | 000      | 000    | 00 | 00      | 00 | 00      |
|----------------|-------|---------|--------|----|-------|----|---------|--------|----------|--------|----|---------|----|---------|
|                | km    | 00      | min/km | -  | -     | 0  | 0       | km     | 00       | min/km | -  | -       | 0  | 0       |
| Südergellersen | 10.30 | 1:01:10 | 5:56   | 5  | 4:20  | 23 | 7:21    | 10.30  | 1:01:10  | 5:56   | 5  | 4:20    | 23 | 7:21    |
| Amelinghausen  | 13.80 | 1:21:47 | 5:55   | 4  | 5:11  | 23 | 15:38   | 24.10  | 2:22:57  | 5:55   | 3  | 9:31    | 20 | 22:46   |
| Schwindebeck   | 9.40  | 58:28   | 6:13   | 5  | 4:24  | 23 | 14:00   | 33.50  | 3:21:25  | 6:00   | 5  | 13:55   | 22 | 36:46   |
| Bispingen      | 8.90  | 59:31   | 6:41   | 4  | 6:47  | 23 | 15:43   | 42.40  | 4:20:56  | 6:09   | 4  | 20:42   | 22 | 52:29   |
| Overhaverbeck  | 10.80 | 1:22:47 | 7:39   | 6  | 14:16 | 32 | 27:27   | 53.20  | 5:43:43  | 6:27   | 5  | 27:25   | 25 | 1:19:56 |
| Undeloh        | 6.90  | 57:23   | 8:18   | 6  | 14:11 | 31 | 19:41   | 60.10  | 6:41:06  | 6:40   | 5  | 41:36   | 25 | 1:39:37 |
| Egestorf       | 9.20  | 1:19:49 | 8:40   | 6  | 19:07 | 30 | 26:19   | 69.30  | 8:00:55  | 6:56   | 5  | 1:00:43 | 24 | 2:05:56 |
| Salzhausen     | 10.70 | 1:25:00 | 7:56   | 5  | 18:57 | 21 | 20:51   | 80.00  | 9:25:55  | 7:04   | 5  | 1:12:23 | 24 | 2:26:47 |
| Südergellersen | 10.90 | 1:39:50 | 9:09   | 4  | 26:09 | 22 | 29:51   | 90.90  | 11:05:45 | 7:19   | 5  | 1:36:48 | 25 | 2:56:38 |
| Sülzwiesen     | 9.10  | 1:15:59 | 8:20   | 6  | 17:06 | 26 | 1:15:59 | 100.00 | 12:21:44 | 7:25   | 5  | 1:53:54 | 26 | 3:13:32 |