



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Michael Jorns

□□□: 12:43:26

□□: 26

□□: 7.86 km/h

□□□□: 7:38 min/km

□□: 100.00 km

□□□□□/□□□: 32 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 27 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 6(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    | 1:05:28  | 6:21         | 7       | 8:38    | 33      | 11:39   | 10.30  | 1:05:28   | 6:21      | 7             | 8:38    | 33      | 11:39   |         |
| Amelinghausen  | 13.80    | 1:23:13  | 6:01         | 6       | 6:37    | 25      | 17:04   | 24.10  | 2:28:41   | 6:10      | 7             | 15:15   | 30      | 28:30   |         |
| Schwindebeck   | 9.40     | 1:39:57  | 10:37        | 9       | 45:53   | 50      | 55:29   | 33.50  | 4:08:38   | 7:25      | 9             | 1:01:08 | 49      | 1:23:59 |         |
| Bispingen      | 8.90     | 1:00:29  | 6:47         | 5       | 7:45    | 25      | 16:41   | 42.40  | 5:09:07   | 7:17      | 7             | 1:08:53 | 43      | 1:40:40 |         |
| Overhaverbeck  | 10.80    | 1:13:08  | 6:46         | 3       | 4:37    | 19      | 17:48   | 53.20  | 6:22:15   | 7:11      | 7             | 1:05:57 | 39      | 1:58:28 |         |
| Undeloh        | 6.90     | 47:42    | 6:54         | 4       | 4:30    | 16      | 10:00   | 60.10  | 7:09:57   | 7:09      | 7             | 1:10:27 | 37      | 2:08:28 |         |
| Egestorf       | 9.20     | 1:09:07  | 7:30         | 3       | 8:25    | 14      | 15:37   | 69.30  | 8:19:04   | 7:12      | 6             | 1:18:52 | 29      | 2:24:05 |         |
| Salzhausen     | 10.70    | 1:27:09  | 8:08         | 6       | 21:06   | 24      | 23:00   | 80.00  | 9:46:13   | 7:19      | 6             | 1:32:41 | 28      | 2:47:05 |         |
| Südergellersen | 10.90    | 1:41:41  | 9:19         | 5       | 28:00   | 23      | 31:42   | 90.90  | 11:27:54  | 7:34      | 6             | 1:58:57 | 28      | 3:18:47 |         |
| Sülzwiesen     | 9.10     | 1:15:32  | 8:18         | 5       | 16:39   | 24      | 1:15:32 | 100.00 | 12:43:26  | 7:38      | 6             | 2:15:36 | 27      | 3:35:14 |         |