



# 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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	