



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Alexander Schnellberger

00: SVG Ruhstorf

00: 49

00: 100.00 km

Ultra-Marathon Einzel

0000:

Senioren M50 (50-54 Jahre)

000: 14:38:15

00: 6.83 km/h

0000: 8:46 min/km

00000/000: 43 (of 63)

00000/0: 35 (of 51)

000000: 9:08:12

00000: 7(of 9)

0000000: 10:27:50

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Südergellersen	10.30	1:02:28	6:03	6	5:38	25	8:39	10.30	1:02:28	6:03	6	5:38	25	8:39
Amelinghausen	13.80	1:20:32	5:50	3	3:56	19	14:23	24.10	2:23:00	5:56	4	9:34	22	22:49
Schwindebeck	9.40	57:27	6:06	4	3:23	21	12:59	33.50	3:20:27	5:59	3	12:57	19	35:48
Bispingen	8.90	1:02:53	7:03	6	10:09	35	19:05	42.40	4:23:20	6:12	5	23:06	25	54:53
Overhaverbeck	10.80	1:24:37	7:50	7	16:06	34	29:17	53.20	5:47:57	6:32	6	31:39	27	1:24:10
Undeloh	6.90	1:15:39	10:57	9	32:27	45	37:57	60.10	7:03:36	7:02	6	1:04:06	33	2:02:07
Egestorf	9.20	1:42:21	11:07	9	41:39	43	48:51	69.30	8:45:57	7:35	7	1:45:45	38	2:50:58
Salzhausen	10.70	2:05:18	11:42	9	59:15	41	1:01:09	80.00	10:51:15	8:08	7	2:37:43	36	3:52:07
Südergellersen	10.90	2:12:47	12:10	9	59:06	40	1:02:48	90.90	13:04:02	8:37	7	3:35:05	36	4:54:55
Sülzwiesen	9.10	1:34:13	10:21	7	35:20	37	1:34:13	100.00	14:38:15	8:46	7	4:10:25	35	5:30:03