



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Frank Stelljes

□□: SG Stern Bremen

□□: 60

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:53:22

□□: 6.72 km/h

□□□□: 8:56 min/km

□□□□□/□□□: 46 (of 63)

□□□□□/□: 38 (of 51)

□□□□□□: 9:08:12

□□□□□: 8(of 9)

□□□□□□□: 10:27:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:14:14	7:12	9	17:24	49	20:25	10.30	1:14:14	7:12	9	17:24	49	20:25	
Amelinghausen	13.80	1:39:09	7:11	9	22:33	47	33:00	24.10	2:53:23	7:11	9	39:57	48	53:12	
Schwindebeck	9.40	1:12:09	7:40	7	18:05	43	27:41	33.50	4:05:32	7:19	8	58:02	46	1:20:53	
Bispingen	8.90	1:09:47	7:50	8	17:03	43	25:59	42.40	5:15:19	7:26	9	1:15:05	46	1:46:52	
Overhaverbeck	10.80	1:24:52	7:51	8	16:21	36	29:32	53.20	6:40:11	7:31	8	1:23:53	42	2:16:24	
Undeloh	6.90	1:00:43	8:47	7	17:31	36	23:01	60.10	7:40:54	7:40	8	1:41:24	40	2:39:25	
Egestorf	9.20	1:34:50	10:18	7	34:08	39	41:20	69.30	9:15:44	8:01	8	2:15:32	40	3:20:45	
Salzhausen	10.70	1:52:36	10:31	8	46:33	40	48:27	80.00	11:08:20	8:21	8	2:54:48	40	4:09:12	
Südergellersen	10.90	2:03:18	11:18	8	49:37	39	53:19	90.90	13:11:38	8:42	8	3:42:41	39	5:02:31	
Sülzwiesen	9.10	1:41:44	11:10	9	42:51	39	1:41:44	100.00	14:53:22	8:56	8	4:25:32	38	5:45:10	