



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ 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 | |