



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Jürgen Bäßler

□□: Riester Rentner 2025

□□: 4

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 9:52:21

□□: 10.13 km/h

□□□□: 5:55 min/km

□□□□□/□□□□: 3 (of 63)

□□□□□/□: 3 (of 51)

□□□□□□: 9:08:12

□□□□□: 1(of 6)

□□□□□□□: 9:52:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	54:56	5:19	1	-	7	1:07	10.30	54:56	5:19	1	-	7	1:07	
Amelinghausen	13.80	1:13:44	5:20	1	-	7	7:35	24.10	2:08:40	5:20	1	-	7	8:29	
Schwindebeck	9.40	53:47	5:43	1	-	11	9:19	33.50	3:02:27	5:26	1	-	9	17:48	
Bispingen	8.90	53:15	5:58	1	-	12	9:27	42.40	3:55:42	5:33	1	-	9	27:15	
Overhaverbeck	10.80	1:08:32	6:20	1	-	12	13:12	53.20	5:04:14	5:43	1	-	7	40:27	
Undeloh	6.90	41:49	6:03	1	-	5	4:07	60.10	5:46:03	5:45	1	-	7	44:34	
Egestorf	9.20	58:08	6:19	1	-	4	4:38	69.30	6:44:11	5:49	1	-	5	49:12	
Salzhausen	10.70	1:08:16	6:22	1	-	4	4:07	80.00	7:52:27	5:54	1	-	5	53:19	
Südergellersen	10.90	1:11:50	6:35	1	-	2	1:51	90.90	9:04:17	5:59	1	-	5	55:10	
Sülzwiesen	9.10	48:04	5:16	2	48:04	2	48:04	100.00	9:52:21	5:55	1	-	3	44:09	