



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Matthias Frischmuth

□□□: 10:58:27

□□: Das Team Manu und Matthias

□□: 9.11 km/h

□□: 1

□□□□: 6:35 min/km

□□: 100.00 km

□□□□□/□□□: 15 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 13 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 2(of 6)

Senioren M55 (55-59 Jahre)

□□□□□□□: 9:52:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	55:05	5:20	2	0:09	9	1:16	10.30	55:05	5:20	2	0:09	9	1:16	
Amelinghausen	13.80	1:18:14	5:40	2	4:30	14	12:05	24.10	2:13:19	5:31	2	4:39	11	13:08	
Schwindebeck	9.40	55:32	5:54	2	1:45	14	11:04	33.50	3:08:51	5:38	2	6:24	13	24:12	
Bispingen	8.90	54:21	6:06	2	1:06	15	10:33	42.40	4:03:12	5:44	2	7:30	14	34:45	
Overhaverbeck	10.80	1:12:22	6:42	2	3:50	17	17:02	53.20	5:15:34	5:55	2	11:20	11	51:47	
Undeloh	6.90	48:27	7:01	2	6:38	18	10:45	60.10	6:04:01	6:03	2	17:58	11	1:02:32	
Egestorf	9.20	1:04:12	6:58	2	6:04	10	10:42	69.30	7:08:13	6:10	2	24:02	12	1:13:14	
Salzhausen	10.70	1:16:27	7:08	2	8:11	11	12:18	80.00	8:24:40	6:18	2	32:13	12	1:25:32	
Südergellersen	10.90	1:24:19	7:44	2	12:29	13	14:20	90.90	9:48:59	6:28	2	44:42	12	1:39:52	
Sülzwiesen	9.10	1:09:28	7:38	3	1:09:28	19	1:09:28	100.00	10:58:27	6:35	2	1:06:06	13	1:50:15	