



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Sven Sommerhoff

□□□: 13:19:44

□□: Tus Oeventrop

□□: 7.50 km/h

□□: 59

□□□□: 7:59 min/km

□□: 100.00 km

□□□□□/□□□: 38 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 32 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 3(of 6)

Senioren M55 (55-59 Jahre)

□□□□□□□: 9:52:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:07:22	6:32	4	12:26	36	13:33	10.30	1:07:22	6:32	4	12:26	36	13:33	
Amelinghausen	13.80	1:28:11	6:23	4	14:27	31	22:02	24.10	2:35:33	6:27	4	26:53	31	35:22	
Schwindebeck	9.40	1:03:28	6:45	5	9:41	34	19:00	33.50	3:39:01	6:32	4	36:34	31	54:22	
Bispingen	8.90	1:02:51	7:03	5	9:36	34	19:03	42.40	4:41:52	6:38	4	46:10	30	1:13:25	
Overhaverbeck	10.80	1:22:18	7:37	4	13:46	30	26:58	53.20	6:04:10	6:50	4	59:56	30	1:40:23	
Undeloh	6.90	57:56	8:23	4	16:07	32	20:14	60.10	7:02:06	7:01	5	1:16:03	29	2:00:37	
Egestorf	9.20	1:22:23	8:57	3	24:15	32	28:53	69.30	8:24:29	7:16	3	1:40:18	31	2:29:30	
Salzhausen	10.70	1:43:09	9:38	3	34:53	34	39:00	80.00	10:07:38	7:35	3	2:15:11	31	3:08:30	
Südergellersen	10.90	1:50:18	10:07	3	38:28	31	40:19	90.90	11:57:56	7:53	3	2:53:39	32	3:48:49	
Sülzwiesen	9.10	1:21:48	8:59	4	1:21:48	31	1:21:48	100.00	13:19:44	7:59	3	3:27:23	32	4:11:32	