



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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## Carsten Neuhaus

□□: 43

□□: 100.00 km  
Ultra-Marathon Einzel

□□□□:  
Senioren M55 (55-59 Jahre)

□□□□□/□□□: DNF (of 63)

□□□□□/□: DNF (of 51)

□□□□□□: 9:08:12

□□□□□: DNF(of 6)

□□□□□□□: 9:52:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:14:02	7:11	6	19:06	48	20:13	10.30	1:14:02	7:11	6	19:06	48	20:13	
Amelinghausen	13.80	1:40:14	7:15	6	26:30	51	34:05	24.10	2:54:16	7:13	6	45:36	50	54:05	
Schwindebeck	9.40	1:12:46	7:44	6	18:59	45	28:18	33.50	4:07:02	7:22	6	1:04:35	48	1:22:23	
Bispingen	8.90	1:28:36	9:57	6	35:21	49	44:48	42.40	5:35:38	7:54	6	1:39:56	49	2:07:11	
Overhaverbeck	10.80	fehlt!	-	-	-	-	-	53.20	-	-	-	-	-	-	
Undeloh	6.90	fehlt!	-	-	-	-	-	60.10	-	-	-	-	-	-	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	-	-	5	-	43	-	100.00	-	-	-	-	-	-	