



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

Andreas Mohr

□□: MC Eschweiler

□□: 42

□□: 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 | 1:07:43 | 6:34 | 5 | 12:47 | 37 | 13:54 | 10.30 | 1:07:43 | 6:34 | 5 | 12:47 | 37 | 13:54 | |
| Amelinghausen | 13.80 | 1:30:08 | 6:31 | 5 | 16:24 | 34 | 23:59 | 24.10 | 2:37:51 | 6:32 | 5 | 29:11 | 35 | 37:40 | |
| Schwindebeck | 9.40 | 1:02:25 | 6:38 | 4 | 8:38 | 30 | 17:57 | 33.50 | 3:40:16 | 6:34 | 5 | 37:49 | 33 | 55:37 | |
| Bispingen | 8.90 | 1:02:29 | 7:01 | 4 | 9:14 | 32 | 18:41 | 42.40 | 4:42:45 | 6:40 | 5 | 47:03 | 31 | 1:14:18 | |
| Overhaverbeck | 10.80 | 1:22:41 | 7:39 | 5 | 14:09 | 31 | 27:21 | 53.20 | 6:05:26 | 6:52 | 5 | 1:01:12 | 31 | 1:41:39 | |
| Undeloh | 6.90 | 55:54 | 8:06 | 3 | 14:05 | 29 | 18:12 | 60.10 | 7:01:20 | 7:00 | 4 | 1:15:17 | 28 | 1:59:51 | |
| Egestorf | 9.20 | 1:23:34 | 9:05 | 4 | 25:26 | 33 | 30:04 | 69.30 | 8:24:54 | 7:17 | 4 | 1:40:43 | 32 | 2:29:55 | |
| Salzhausen | 10.70 | 1:46:25 | 9:56 | 4 | 38:09 | 36 | 42:16 | 80.00 | 10:11:19 | 7:38 | 4 | 2:18:52 | 32 | 3:12:11 | |
| Südergellersen | 10.90 | 3:35:24 | 19:45 | 4 | 2:23:34 | 42 | 2:25:25 | 90.90 | 13:46:43 | 9:05 | 4 | 4:42:26 | 42 | 5:37:36 | |
| Sülzwiesen | 9.10 | | 0:00 | 1 | - | 1 | - | 100.00 | - | - | - | - | - | - | |