



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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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	-	-	-	-	-	-	