



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Norbert Fasel

□□: LSF-Münster

□□: 17

□□: 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	59:11	5:44	3	4:15	16	5:22	10.30	59:11	5:44	3	4:15	16	5:22	
Amelinghausen	13.80	1:19:23	5:45	3	5:39	15	13:14	24.10	2:18:34	5:44	3	9:54	16	18:23	
Schwindebeck	9.40	57:11	6:04	3	3:24	17	12:43	33.50	3:15:45	5:50	3	13:18	16	31:06	
Bispingen	8.90	1:00:34	6:48	3	7:19	26	16:46	42.40	4:16:19	6:02	3	20:37	18	47:52	
Overhaverbeck	10.80	1:17:15	7:09	3	8:43	22	21:55	53.20	5:33:34	6:16	3	29:20	18	1:09:47	
Undeloh	6.90	58:41	8:30	5	16:52	34	20:59	60.10	6:32:15	6:31	3	46:12	23	1:30:46	
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	-	-	-	-	-	-	