



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Jens Uwe Brack

□□: LG Allgäu

□□: 7

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 11:58:27

□□: 8.35 km/h

□□□□: 7:11 min/km

□□□□□/□□□□: 24 (of 63)

□□□□□/□: 22 (of 51)

□□□□□□: 9:08:12

□□□□□: 1(of 6)

□□□□□□□: 11:58:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:24	6:09	1	-	27	9:35	10.30	1:03:24	6:09	1	-	27	9:35	
Amelinghausen	13.80	1:24:06	6:05	1	-	26	17:57	24.10	2:27:30	6:07	1	-	28	27:19	
Schwindebeck	9.40	57:07	6:04	1	-	16	12:39	33.50	3:24:37	6:06	1	-	25	39:58	
Bispingen	8.90	58:05	6:31	1	-	22	14:17	42.40	4:22:42	6:11	1	-	23	54:15	
Overhaverbeck	10.80	1:12:21	6:41	1	-	16	17:01	53.20	5:35:03	6:17	1	-	21	1:11:16	
Undeloh	6.90	52:22	7:35	1	-	23	14:40	60.10	6:27:25	6:26	1	-	21	1:25:56	
Egestorf	9.20	1:10:23	7:39	1	-	15	16:53	69.30	7:37:48	6:36	1	-	20	1:42:49	
Salzhausen	10.70	1:31:43	8:34	1	-	28	27:34	80.00	9:09:31	6:52	1	-	20	2:10:23	
Südergellersen	10.90	1:30:47	8:19	1	-	17	20:48	90.90	10:40:18	7:02	1	-	20	2:31:11	
Sülzwiesen	9.10	1:18:09	8:35	1	-	29	1:18:09	100.00	11:58:27	7:11	1	-	22	2:50:15	