



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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**Ingo Gersbeck**

□□: SCC Berlin

□□: 20

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 14:55:04

□□: 6.70 km/h

□□□□: 8:57 min/km

□□□□□/□□□: 48 (of 63)

□□□□□/□: 40 (of 51)

□□□□□□: 9:08:12

□□□□□: 4(of 6)

□□□□□□□: 11:58:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:09:52	6:46	3	6:28	42	16:03	10.30	1:09:52	6:46	3	6:28	42	16:03
Amelinghausen	13.80	1:39:09	7:11	4	15:03	47	33:00	24.10	2:49:01	7:00	4	21:31	46	48:50
Schwindebeck	9.40	1:15:13	8:00	5	18:06	47	30:45	33.50	4:04:14	7:17	4	39:37	45	1:19:35
Bispingen	8.90	1:25:50	9:38	5	27:45	48	42:02	42.40	5:30:04	7:47	5	1:07:22	48	2:01:37
Overhaverbeck	10.80	1:38:27	9:06	4	26:06	43	43:07	53.20	7:08:31	8:03	5	1:33:28	47	2:44:44
Undeloh	6.90	1:04:49	9:23	5	12:27	42	27:07	60.10	8:13:20	8:12	5	1:45:55	45	3:11:51
Egestorf	9.20	1:31:21	9:55	2	20:58	36	37:51	69.30	9:44:41	8:26	5	2:06:53	44	3:49:42
Salzhausen	10.70	1:44:50	9:47	3	13:07	35	40:41	80.00	11:29:31	8:37	4	2:20:00	42	4:30:23
Südergellersen	10.90	1:52:18	10:18	3	21:31	36	42:19	90.90	13:21:49	8:49	4	2:41:31	40	5:12:42
Sülzwiesen	9.10	1:33:15	10:14	3	15:06	36	1:33:15	100.00	14:55:04	8:57	4	2:56:37	40	5:46:52