



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

□□□□

## Jens Schuster

□□: WSV Braunschweig

□□: 56

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□: DNF (of 63)

□□□□□/□: DNF (of 51)

□□□□□□: 9:08:12

□□□□□: DNF(of 6)

□□□□□□□: 11:58:27

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:04:33	6:16	2	1:09	30	10:44	10.30	1:04:33	6:16	2	1:09	30	10:44	
Amelinghausen	13.80	1:33:45	6:47	2	9:39	42	27:36	24.10	2:38:18	6:34	2	10:48	39	38:07	
Schwindebeck	9.40	1:09:35	7:24	3	12:28	41	25:07	33.50	3:47:53	6:48	2	23:16	39	1:03:14	
Bispingen	8.90	1:08:27	7:41	2	10:22	39	24:39	42.40	4:56:20	6:59	2	33:38	41	1:27:53	
Overhaverbeck	10.80	1:40:27	9:18	5	28:06	44	45:07	53.20	6:36:47	7:27	2	1:01:44	41	2:13:00	
Undeloh	6.90	1:01:56	8:58	3	9:34	38	24:14	60.10	7:38:43	7:37	2	1:11:18	39	2:37:14	
Egestorf	9.20	1:44:44	11:23	5	34:21	44	51:14	69.30	9:23:27	8:07	4	1:45:39	43	3:28:28	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	-	-	5	-	43	-	100.00	-	-	-	-	-	-	