



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Rabia Abraham

□□□: 14:13:58

□□: Lauftreff Uelzen

□□: 7.03 km/h

□□: 18

□□□□: 8:32 min/km

□□: 100.00 km

□□□□□/□□□: 41 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 8 (of 12)

□□□□□□: 10:37:59

□□□□:

□□□□□: 1(of 2)

Seniorinnen W40 (40-44 Jahre)

□□□□□□□: 14:13:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:13:23	7:07	2	3:35	9	12:55	10.30	1:13:23	7:07	2	3:35	9	12:55	
Amelinghausen	13.80	1:38:34	7:08	1	-	8	18:08	24.10	2:51:57	7:08	2	2:55	10	31:03	
Schwindebeck	9.40	1:11:55	7:39	1	-	7	14:50	33.50	4:03:52	7:16	1	-	7	44:54	
Bispingen	8.90	1:10:16	7:53	1	-	8	17:58	42.40	5:14:08	7:24	1	-	8	1:02:52	
Overhaverbeck	10.80	1:31:02	8:25	1	-	8	22:39	53.20	6:45:10	7:36	1	-	8	1:21:41	
Undeloh	6.90	55:44	8:04	1	-	6	11:21	60.10	7:40:54	7:40	1	-	7	1:33:02	
Egestorf	9.20	1:33:21	10:08	2	1:56	9	31:18	69.30	9:14:15	7:59	1	-	8	2:01:16	
Salzhausen	10.70	1:41:08	9:27	1	-	7	28:53	80.00	10:55:23	8:11	1	-	8	2:30:09	
Südergellersen	10.90	1:53:39	10:25	2	1:21	9	40:28	90.90	12:49:02	8:27	1	-	8	3:10:37	
Sülzwiesen	9.10	1:24:56	9:20	1	-	9	1:24:56	100.00	14:13:58	8:32	1	-	8	3:35:59	