



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Steffi Jendro

□□: SCC Berlin

□□: 25

□□: 100.00 km

Ultra-Marathon Einzel

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 14:55:04

□□: 6.70 km/h

□□□□: 8:57 min/km

□□□□□/□□□: 49 (of 63)

□□□□□/□: 9 (of 12)

□□□□□□: 10:37:59

□□□□□: 2(of 2)

□□□□□□□: 14:13:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:09:48	6:46	1	-	7	9:20	10.30	1:09:48	6:46	1	-	7	9:20	
Amelinghausen	13.80	1:39:14	7:11	2	0:40	9	18:48	24.10	2:49:02	7:00	1	-	9	28:08	
Schwindebeck	9.40	1:15:11	7:59	2	3:16	8	18:06	33.50	4:04:13	7:17	2	0:21	8	45:15	
Bispingen	8.90	1:25:51	9:38	2	15:35	11	33:33	42.40	5:30:04	7:47	2	15:56	10	1:18:48	
Overhaverbeck	10.80	1:38:16	9:05	2	7:14	9	29:53	53.20	7:08:20	8:03	2	23:10	10	1:44:51	
Undeloh	6.90	1:04:55	9:24	2	9:11	9	20:32	60.10	8:13:15	8:12	2	32:21	9	2:05:23	
Egestorf	9.20	1:31:25	9:56	1	-	8	29:22	69.30	9:44:40	8:26	2	30:25	9	2:31:41	
Salzhausen	10.70	1:44:52	9:48	2	3:44	10	32:37	80.00	11:29:32	8:37	2	34:09	9	3:04:18	
Südergellersen	10.90	1:52:18	10:18	1	-	8	39:07	90.90	13:21:50	8:49	2	32:48	9	3:43:25	
Sülzwiesen	9.10	1:33:14	10:14	2	8:18	11	1:33:14	100.00	14:55:04	8:57	2	41:06	9	4:17:05	