



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Camilla Suchan

□□: 62

□□: 100.00 km  
Ultra-Marathon Einzel

□□□□:  
Seniorinnen W45 (45-49 Jahre)

□□□□□/□□□: DNF (of 63)

□□□□□/□: DNF (of 12)

□□□□□□: 10:37:59

□□□□□: DNF(of 3)

□□□□□□□: 10:55:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:15:01	7:16	3	14:33	10	14:33	10.30	1:15:01	7:16	3	14:33	10	14:33	
Amelinghausen	13.80	1:41:48	7:22	3	21:22	11	21:22	24.10	2:56:49	7:20	3	35:55	11	35:55	
Schwindebeck	9.40	1:19:04	8:24	3	21:34	10	21:59	33.50	4:15:53	7:38	3	56:55	11	56:55	
Bispingen	8.90	1:29:55	10:06	3	37:37	12	37:37	42.40	5:45:48	8:09	3	1:34:32	11	1:34:32	
Overhaverbeck	10.80	1:46:58	9:54	3	34:45	12	38:35	53.20	7:32:46	8:30	3	2:09:17	11	2:09:17	
Undeloh	6.90	1:07:41	9:48	3	23:18	11	23:18	60.10	8:40:27	8:39	3	2:32:35	10	2:32:35	
Egestorf	9.20	1:37:00	10:32	3	30:04	11	34:57	69.30	10:17:27	8:54	3	3:02:39	11	3:04:28	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	3:29:15	19:11	3	2:06:22	11	2:16:04	90.90	13:46:42	9:05	3	3:51:21	11	4:08:17	
Sülzwiesen	9.10		0:00	1	-	1	-	100.00	-	-	-	-	-	-	