



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Patricia Kusatz

□□□: 12:34:55

□□: 36

□□: 7.95 km/h

□□□□: 7:32 min/km

□□: 100.00 km

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Ultra-Marathon Einzel

□□□□□/□: 4 (of 12)

□□□□□□: 10:37:59

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□□□□□: 1(of 3)

Seniorinnen W50 (50-54 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:03:23	6:09	2	2:14	5	2:55	10.30	1:03:23	6:09	2	2:14	5	2:55	
Amelinghausen	13.80	1:25:55	6:13	2	4:08	6	5:29	24.10	2:29:18	6:11	2	6:22	5	8:24	
Schwindebeck	9.40	1:38:51	10:30	3	41:07	12	41:46	33.50	4:08:09	7:24	2	47:29	10	49:11	
Bispingen	8.90	1:00:59	6:51	2	2:36	5	8:41	42.40	5:09:08	7:17	2	50:05	7	57:52	
Overhaverbeck	10.80	1:13:07	6:46	1	-	3	4:44	53.20	6:22:15	7:11	2	45:05	6	58:46	
Undeloh	6.90	47:45	6:55	1	-	3	3:22	60.10	7:10:00	7:09	2	38:21	6	1:02:08	
Egestorf	9.20	1:11:20	7:45	1	-	3	9:17	69.30	8:21:20	7:14	2	19:09	6	1:08:21	
Salzhausen	10.70	1:18:29	7:20	1	-	3	6:14	80.00	9:39:49	7:14	1	-	5	1:14:35	
Südergellersen	10.90	1:40:03	9:10	1	-	4	26:52	90.90	11:19:52	7:28	1	-	5	1:41:27	
Sülzwiesen	9.10	1:15:03	8:14	1	-	5	1:15:03	100.00	12:34:55	7:32	1	-	4	1:56:56	