



# 4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Claudia Köster

□□□: 13:05:19

□□: 31

□□: 7.64 km/h

□□□□: 7:51 min/km

□□: 100.00 km

□□□□□/□□□: 36 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 6 (of 12)

□□□□□□: 10:37:59

□□□□:

□□□□□: 2(of 3)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 12:34:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:01:09	5:56	1	-	3	0:41	10.30	1:01:09	5:56	1	-	3	0:41	
Amelinghausen	13.80	1:21:47	5:55	1	-	2	1:21	24.10	2:22:56	5:55	1	-	2	2:02	
Schwindebeck	9.40	57:44	6:08	1	-	3	0:39	33.50	3:20:40	5:59	1	-	2	1:42	
Bispingen	8.90	58:23	6:33	1	-	4	6:05	42.40	4:19:03	6:06	1	-	4	7:47	
Overhaverbeck	10.80	1:18:07	7:13	2	5:00	5	9:44	53.20	5:37:10	6:20	1	-	3	13:41	
Undeloh	6.90	54:29	7:53	2	6:44	4	10:06	60.10	6:31:39	6:30	1	-	3	23:47	
Egestorf	9.20	1:30:32	9:50	2	19:12	7	28:29	69.30	8:02:11	6:57	1	-	4	49:12	
Salzhausen	10.70	1:42:39	9:35	2	24:10	8	30:24	80.00	9:44:50	7:18	2	5:01	6	1:19:36	
Südergellersen	10.90	1:55:00	10:33	3	14:57	10	41:49	90.90	11:39:50	7:41	2	19:58	6	2:01:25	
Sülzwiesen	9.10	1:25:29	9:23	3	10:26	10	1:25:29	100.00	13:05:19	7:51	2	30:24	6	2:27:20	