



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Kathrin Drissen

□□□: 14:55:49

□□: 12

□□: 6.70 km/h

□□□□: 8:57 min/km

□□: 100.00 km

□□□□□/□□□: 50 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 10 (of 12)

□□□□□□: 10:37:59

□□□□:

□□□□□: 3(of 3)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 12:34:55

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Südergellersen | 10.30 | 1:17:23 | 7:30 | 3 | 16:14 | 11 | 16:55 | 10.30 | 1:17:23 | 7:30 | 3 | 16:14 | 11 | 16:55 | |
| Amelinghausen | 13.80 | 1:52:15 | 8:08 | 3 | 30:28 | 12 | 31:49 | 24.10 | 3:09:38 | 7:52 | 3 | 46:42 | 12 | 48:44 | |
| Schwindebeck | 9.40 | 1:19:28 | 8:27 | 2 | 21:44 | 11 | 22:23 | 33.50 | 4:29:06 | 8:01 | 3 | 1:08:26 | 12 | 1:10:08 | |
| Bispingen | 8.90 | 1:22:08 | 9:13 | 3 | 23:45 | 10 | 29:50 | 42.40 | 5:51:14 | 8:17 | 3 | 1:32:11 | 12 | 1:39:58 | |
| Overhaverbeck | 10.80 | 1:44:11 | 9:38 | 3 | 31:04 | 10 | 35:48 | 53.20 | 7:35:25 | 8:33 | 3 | 1:58:15 | 12 | 2:11:56 | |
| Undeloh | 6.90 | 1:06:01 | 9:34 | 3 | 18:16 | 10 | 21:38 | 60.10 | 8:41:26 | 8:40 | 3 | 2:09:47 | 11 | 2:33:34 | |
| Egestorf | 9.20 | 1:34:42 | 10:17 | 3 | 23:22 | 10 | 32:39 | 69.30 | 10:16:08 | 8:53 | 3 | 2:13:57 | 10 | 3:03:09 | |
| Salzhausen | 10.70 | 1:43:43 | 9:41 | 3 | 25:14 | 9 | 31:28 | 80.00 | 11:59:51 | 8:59 | 3 | 2:20:02 | 10 | 3:34:37 | |
| Südergellersen | 10.90 | 1:40:15 | 9:11 | 2 | 0:12 | 5 | 27:04 | 90.90 | 13:40:06 | 9:01 | 3 | 2:20:14 | 10 | 4:01:41 | |
| Sülzwiesen | 9.10 | 1:15:43 | 8:19 | 2 | 0:40 | 7 | 1:15:43 | 100.00 | 14:55:49 | 8:57 | 3 | 2:20:54 | 10 | 4:17:50 | |