



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Lehmann, Sven

□□: Tide Runners Hamburg

□□: 41

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 14:34:04

□□: 6.86 km/h

□□□□: 8:44 min/km

□□□□□/□□□: 39 (of 59)

□□□□□/□: 34 (of 50)

□□□□□□: 8:22:31

□□□□□: 4(of 6)

□□□□□□□: 10:20:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.40	1:06:21	6:22	6	9:40	39	18:00	10.40	1:06:21	6:22	6	9:40	39	18:00	
Amelinghausen	13.60	1:37:16	7:09	6	18:10	42	32:58	24.00	2:43:37	6:49	6	23:34	40	50:58	
Schwindebeck	8.30	58:10	7:00	4	12:03	38	20:07	32.30	3:41:47	6:51	5	35:37	40	1:11:05	
Bispingen	9.60	1:15:46	7:53	4	20:41	39	30:55	41.90	4:57:33	7:06	4	56:18	38	1:41:59	
Overhaverbeck	10.80	1:41:45	9:25	4	37:48	43	50:14	52.70	6:39:18	7:34	4	1:34:06	40	2:32:13	
Undeloh	6.90	1:05:45	9:31	4	23:58	38	31:27	59.60	7:45:03	7:48	4	1:58:04	37	3:03:40	
Egestorf	9.20	1:29:46	9:45	4	29:06	38	43:28	68.80	9:14:49	8:03	4	2:27:10	36	3:47:08	
Salzhausen	10.60	1:39:15	9:21	4	28:27	33	42:45	79.40	10:54:04	8:14	4	2:52:30	35	4:29:53	
Südergellersen	10.90	1:49:43	10:03	4	34:39	31	43:20	90.30	12:43:47	8:27	4	3:27:09	34	5:13:13	
Sülzwiesen	9.70	1:50:17	11:22	4	45:56	35	58:27	100.00	14:34:04	8:44	4	4:13:05	34	6:11:33	