



2. Lüneburger Heidelauf

Lüneburg / 15.06.2019

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Polke, Thomas

□□: SC Trebbin

□□: 79

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 13:21:17

□□: 7.49 km/h

□□□□: 8:01 min/km

□□□□□/□□□□: 54 (of 92)

□□□□□/□: 42 (of 69)

□□□□□□: 8:30:22

□□□□□: 14(of 20)

□□□□□□□: 9:22:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:05:30	6:21	15	10:05	42	10:05	10.30	1:05:30	6:21	15	10:05	42	10:05	
Amelinghausen	13.80	1:24:07	6:05	13	17:53	34	22:51	24.10	2:29:37	6:12	12	17:41	35	26:11	
Schwindebeck	9.40	1:02:14	6:37	13	16:03	35	19:09	33.50	3:31:51	6:19	14	32:50	39	40:26	
Bispingen	8.90	1:03:11	7:05	15	17:07	40	22:18	42.40	4:35:02	6:29	16	49:57	39	1:02:11	
Overhaverbeck	10.80	1:24:49	7:51	13	24:59	38	34:40	53.20	5:59:51	6:45	15	1:14:56	41	1:36:51	
Undeloh	6.90	1:11:20	10:20	17	32:38	63	38:02	60.10	7:11:11	7:10	16	1:47:34	43	2:14:53	
Egestorf	9.20	1:17:23	8:24	13	23:01	43	29:36	69.30	8:28:34	7:20	16	2:10:35	44	2:44:29	
Salzhausen	10.70	1:39:03	9:15	14	37:44	44	41:43	80.00	10:07:37	7:35	14	2:48:19	42	3:24:10	
Südergellersen	10.90	1:48:31	9:57	14	41:32	50	49:50	90.90	11:56:08	7:52	14	3:29:51	43	4:10:06	
Sülzwiesen	9.10	1:25:09	9:21	14	28:31	48	40:49	100.00	13:21:17	8:00	14	3:58:22	42	4:50:55	