



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

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Sven Lehmann

□□□: 15:04:47

□□: Tide Runners Hamburg

□□: 6.63 km/h

□□: 37

□□□□: 9:02 min/km

□□: 100.00 km

□□□□□/□□□: 51 (of 63)

Ultra-Marathon Einzel

□□□□□/□: 41 (of 51)

□□□□□□: 9:08:12

□□□□:

□□□□□: 9(of 9)

Senioren M50 (50-54 Jahre)

□□□□□□□: 10:27:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:06:38	6:28	8	9:48	35	12:49	10.30	1:06:38	6:28	8	9:48	35	12:49	
Amelinghausen	13.80	1:31:29	6:37	8	14:53	39	25:20	24.10	2:38:07	6:33	8	24:41	36	37:56	
Schwindebeck	9.40	1:15:34	8:02	8	21:30	48	31:06	33.50	3:53:41	6:58	7	46:11	42	1:09:02	
Bispingen	8.90	1:18:46	8:51	9	26:02	46	34:58	42.40	5:12:27	7:22	8	1:12:13	45	1:44:00	
Overhaverbeck	10.80	1:47:17	9:56	9	38:46	46	51:57	53.20	6:59:44	7:53	9	1:43:26	46	2:35:57	
Undeloh	6.90	1:09:04	10:00	8	25:52	44	31:22	60.10	8:08:48	8:07	9	2:09:18	44	3:07:19	
Egestorf	9.20	1:40:37	10:56	8	39:55	42	47:07	69.30	9:49:25	8:30	9	2:49:13	45	3:54:26	
Salzhausen	10.70	1:48:56	10:10	7	42:53	37	44:47	80.00	11:38:21	8:43	9	3:24:49	43	4:39:13	
Südergellersen	10.90	1:51:39	10:14	7	37:58	34	41:40	90.90	13:30:00	8:54	9	4:01:03	41	5:20:53	
Sülzwiesen	9.10	1:34:47	10:24	8	35:54	38	1:34:47	100.00	15:04:47	9:02	9	4:36:57	41	5:56:35	