



# 5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

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**Matthesius, Ronald**

□□□: 3:35:45

□□: 99417 Eisenach

□□: 11.68 km/h

□□: 1068

□□□□: 4:59 min/km

□□: 42.22 km

□□□□□/□□□: 3 (of 40)

Marathon

□□□□□/□: 3 (of 33)

□□□□□□: 3:20:49

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□□□□□: 1(of 10)

Männer M40

□□□□□□□: 3:35:45

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| □□□          | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Staumauer    | 5.70     | 25:01    | 4:23         | 1       | -       | 1       | -       | 5.70  | 25:01     | 4:23      | 2             | -       | -       | 29      | -       |
| Weißer Stein | 11.00    | 1:51:36  | 10:08        | 10      | 1:44:40 | 30      | 1:47:09 | 16.70 | 2:16:37   | 8:10      | 2             | 35:19   | 29      | -       |         |
| Durchlauf    | 4.90     | fehlt!   | -            | -       | -       | -       | -       | 21.60 | -         | -         | -             | -       | -       | -       | -       |
| □□□          | -        | 2:34     | -            | 1       | -       | 1       | -       | 21.60 | 2:19:11   | -         | 1             | -       | 1       | -       |         |
| □□□          | -        | 51:46    | -            | 1       | -       | 5       | 13:27   | 21.60 | 3:10:57   | -         | 1             | -       | 1       | -       |         |
| Ziel Lauf    | 11.00    | 24:48    | 2:15         | 1       | -       | 1       | -       | 42.22 | 3:35:45   | 5:06      | 2             | 1:17:38 | 5       | 1:47:30 |         |