



2. Wartburg Staffel Marathon

Vom Pummpälzsteg zur Wartburg und zurück / 19.09.2009

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Werratal Runners

□□□: 4:16:56

□□: 63

□□: 13.54 km/h

□□□□: 4:22 min/km

□□: 58.80 km

□□□□□/□□□: 3 (of 12)

Staffel Lauf

□□□□□/□: 3 (of 11)

□□□□□□: 3:49:02

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□□□□□: 3(of 11)

Männer Lauf

□□□□□□□: 3:49:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Pummpälzsteg	11.20	50:25	4:30	3	5:12	3	5:12	11.20	50:25	4:30	3	5:12	3	5:12
Hubertushaus	10.80	49:01	4:32	4	4:30	4	4:30	22.00	1:39:26	4:31	3	9:42	3	9:42
Parkplatz Wartbu	13.00	54:05	4:09	4	7:36	4	7:36	35.00	2:33:31	4:23	3	17:18	3	17:18
Hubertushaus	13.00	59:29	4:34	2	7:19	2	7:19	48.00	3:33:00	4:26	3	24:37	3	24:37
□□	10.80	43:56	4:04	3	3:17	3	3:17	58.80	4:16:56	4:22	3	27:54	3	27:54