



4. RENNSThike DOUBLEMarathon

Gumpelstadt / 14.09.2019-15.09.2019

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Gast, Thomas

□□: Frankenroda
□□: 5023

□□: 84.20 km
DOUBLE-Marsch

□□□□:
Männer

□□□: 12:24:52

□□: 6.78 km/h

□□□□□/□□□: 3 (of 18)

□□□□□/□: 2 (of 10)

□□□□□□: 11:44:07

□□□□□: 2(of 10)

□□□□□□□: 11:44:07

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| Kissel | 5.60 | fehlt! | - | - | - | - | - | 5.60 | - | - | - | - | - | - |
| Dreiherrnstein | 9.40 | fehlt! | - | - | - | - | - | 15.00 | - | - | - | - | - | - |
| Großer Inselsber | 5.00 | fehlt! | - | - | - | - | - | 20.00 | - | - | - | - | - | - |
| Dreiherrnstein | 5.00 | fehlt! | - | - | - | - | - | 25.00 | - | - | - | - | - | - |
| Kissel | 9.40 | fehlt! | - | - | - | - | - | 34.40 | - | - | - | - | - | - |
| Gumpelstadt | 5.60 | 5:52:39 | 0.95 | 2 | 15:20 | 2 | 15:20 | 40.00 | 5:52:39 | 6.81 | 11 | 15:20 | 11 | 15:20 |
| Gumpelstadt | 1.00 | fehlt! | - | - | - | - | - | 41.00 | - | - | - | - | - | - |
| Kissel | 5.60 | fehlt! | - | - | - | - | - | 46.60 | - | - | - | - | - | - |
| Wartburg | 5.20 | fehlt! | - | - | - | - | - | 51.80 | - | - | - | - | - | - |
| Hohe Sonne | 4.70 | fehlt! | - | - | - | - | - | 56.50 | - | - | - | - | - | - |
| Hubertushaus | 6.10 | fehlt! | - | - | - | - | - | 62.60 | - | - | - | - | - | - |
| Hohe Sonne | 6.10 | fehlt! | - | - | - | - | - | 68.70 | - | - | - | - | - | - |
| Wartburg | 4.70 | fehlt! | - | - | - | - | - | 73.40 | - | - | - | - | - | - |
| Kissel | 5.20 | fehlt! | - | - | - | - | - | 78.60 | - | - | - | - | - | - |
| Gumpelstadt | 5.60 | 6:32:13 | 0.86 | 3 | 25:25 | 3 | 25:25 | 84.20 | 12:24:52 | 6.78 | 2 | 40:45 | 2 | 40:45 |