



1. Werratalmarathon, M, 4-er Staffel, HM

Treffurt / 07.04.2019

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Team Vollack

□□□: 3:45:26

□□: 4

□□: 11.18 km/h

□□□□: 5:20 min/km

□□: 42.20 km

Staffel

□□□□□: 10 (of 15)

□□□□□□: 2:39:20

□□□□:

□□□□□: 8(of 10)

Männerstaffel

□□□□□□□: 2:39:20

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Ifta	11.90	1:10:57	5:57	10	28:58	14	28:58	11.90	1:10:57	5:57	10	28:58	14	28:58
Buchenau	11.70	1:07:59	5:48	10	24:11	15	24:11	23.60	2:18:56	5:53	10	53:09	14	53:09
Frankenroda	9.40	49:17	5:14	6	12:36	9	12:36	33.00	3:08:13	5:42	10	1:03:00	14	1:03:00
Uferstraße in Tre	9.20	37:13	4:02	3	3:06	4	3:34	42.20	3:45:26	5:20	8	1:06:06	10	1:06:06