



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

Treffurt / 07.04.2019

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Böx, Ralf

□□: Eisenacher SSV

□□: 165

□□: 42.20 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:51:12

□□: 10.90 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 29 (of 75)

□□□□□/□: 25 (of 67)

□□□□□□: 2:59:48

□□□□□: 8(of 12)

□□□□□□□: 3:24:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:00:35	5:05	7	7:43	25	12:35	11.90	1:00:35	5:05	7	7:43	25	12:35
Buchenau	11.70	1:01:53	5:17	7	6:21	25	14:17	23.60	2:02:28	5:11	7	12:07	25	26:13
Frankenroda	9.40	52:01	5:32	8	5:58	27	12:46	33.00	2:54:29	5:17	7	18:05	26	38:59
Uferstraße in Tre	9.20	56:43	6:09	9	9:43	32	15:49	42.20	3:51:12	5:28	8	26:59	25	51:24