



# 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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□□□□

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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   |