



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

Treffurt / 07.04.2019

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Schulze, Andreas

□□□: 3:51:25

□□: ASFM Göttingen

□□: 10.89 km/h

□□: 162

□□□□: 5:29 min/km

□□: 42.20 km

□□□□□/□□□: 30 (of 75)

Marathon

□□□□□/□: 27 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 3(of 16)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:29:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:03:39	5:20	3	7:05	32	15:39	11.90	1:03:39	5:20	3	7:05	32	15:39	
Buchenau	11.70	1:02:10	5:18	3	5:26	29	14:34	23.60	2:05:49	5:19	3	12:31	31	29:34	
Frankenroda	9.40	51:48	5:30	3	3:07	25	12:33	33.00	2:57:37	5:22	3	15:38	29	42:07	
Uferstraße in Tre	9.20	53:48	5:50	3	6:18	23	12:54	42.20	3:51:25	5:29	3	21:56	27	51:37	