



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

Treffurt / 07.04.2019

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**Aust, Frank**

□□: Lauffeuer Fröttstädt

□□: 102

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:51:48

□□: 10.87 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 32 (of 75)

□□□□□/□: 28 (of 67)

□□□□□□: 2:59:48

□□□□□: 5(of 15)

□□□□□□□: 3:18:26

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| lfta              | 11.90    | 1:01:39  | 5:10         | 4       | 4:30    | 26      | 13:39   | 11.90 | 1:01:39   | 5:10          | 4       | 4:30    | 26      | 13:39   |
| Buchenau          | 11.70    | 1:03:52  | 5:27         | 7       | 8:48    | 34      | 16:16   | 23.60 | 2:05:31   | 5:19          | 6       | 12:43   | 30      | 29:16   |
| Frankenroda       | 9.40     | 53:17    | 5:40         | 7       | 10:48   | 33      | 14:02   | 33.00 | 2:58:48   | 5:25          | 7       | 23:31   | 32      | 43:18   |
| Uferstraße in Tre | 9.20     | 53:00    | 5:45         | 6       | 9:51    | 22      | 12:06   | 42.20 | 3:51:48   | 5:29          | 5       | 33:22   | 28      | 52:00   |