



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

Treffurt / 07.04.2019

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Bertram, Sascha

□□□: 3:54:31

□□: Stedtfelder RSF 1979

□□: 10.75 km/h

□□: 106

□□□□: 5:34 min/km

□□: 42.20 km

□□□□□/□□□: 35 (of 75)

Marathon

□□□□□/□: 31 (of 67)

□□□□:

□□□□□: 6(of 8)

Senioren M35 (35-39 Jahre)

□□□□□□□: 2:59:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	58:18	4:53	5	9:39	22	10:18	11.90	58:18	4:53	5	9:39	22	10:18
Buchenau	11.70	58:48	5:01	5	11:12	19	11:12	23.60	1:57:06	4:57	5	20:51	19	20:51
Frankenroda	9.40	53:08	5:39	6	13:53	32	13:53	33.00	2:50:14	5:09	5	34:44	20	34:44
Uferstraße in Tre	9.20	1:04:17	6:59	7	23:23	45	23:23	42.20	3:54:31	5:33	6	54:43	31	54:43