



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

Treffurt / 07.04.2019

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Hildebrandt, Guido

□□: Lauffreunde Eisenberg

□□: 119

□□: 42.20 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:59:18

□□: 10.53 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 37 (of 75)

□□□□□/□: 33 (of 67)

□□□□□□: 2:59:48

□□□□□: 3(of 5)

□□□□□□□: 3:13:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:08:17	5:44	4	15:19	40	20:17	11.90	1:08:17	5:44	4	15:19	40	20:17
Buchenau	11.70	1:01:25	5:14	3	9:00	24	13:49	23.60	2:09:42	5:29	4	24:19	36	33:27
Frankenroda	9.40	53:47	5:43	4	9:55	34	14:32	33.00	3:03:29	5:33	4	34:14	35	47:59
Uferstraße in Tre	9.20	55:49	6:04	3	11:31	29	14:55	42.20	3:59:18	5:40	3	45:45	33	59:30