



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 | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ 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 | |