



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

Treffurt / 07.04.2019

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Schreier, Andreas

□□□: 3:59:51

□□: LG Creuzburgweg

□□: 10.51 km/h

□□: 174

□□□□: 5:41 min/km

□□: 42.20 km

□□□□□/□□□: 39 (of 75)

Marathon

□□□□□/□: 35 (of 67)

□□□□:

□□□□□: 4(of 16)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:29:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:04:15	5:23	4	7:41	34	16:15	11.90	1:04:15	5:23	4	7:41	34	16:15
Buchenau	11.70	1:04:58	5:33	4	8:14	36	17:22	23.60	2:09:13	5:28	4	15:55	35	32:58
Frankenroda	9.40	54:53	5:50	4	6:12	35	15:38	33.00	3:04:06	5:34	4	22:07	36	48:36
Uferstraße in Tre	9.20	55:45	6:03	5	8:15	28	14:51	42.20	3:59:51	5:41	4	30:22	35	1:00:03