



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

Treffurt / 07.04.2019

0000

Kupfer, Jörg

00: DAV Weimar

00: 160

00: 42.20 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:03:20

00: 10.36 km/h

0000: 5:46 min/km

00000/000: 40 (of 75)

00000/0: 36 (of 67)

000000: 2:59:48

00000: 7(of 8)

0000000: 2:59:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ifta	11.90	1:03:30	5:20	7	14:51	31	15:30	11.90	1:03:30	5:20	7	14:51	31	15:30
Buchenau	11.70	1:04:09	5:28	7	16:33	35	16:33	23.60	2:07:39	5:24	7	31:24	33	31:24
Frankenroda	9.40	56:32	6:00	7	17:17	37	17:17	33.00	3:04:11	5:34	7	48:41	37	48:41
Uferstraße in Tre	9.20	59:09	6:25	6	18:15	36	18:15	42.20	4:03:20	5:45	7	1:03:32	36	1:03:32