



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

Treffurt / 07.04.2019

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Steinwachs, Bert

□□: SV Normania Treffurt

□□: 155

□□: 42.20 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:04:42

□□: 10.30 km/h

□□□□: 5:48 min/km

□□□□□/□□□: 41 (of 75)

□□□□□/□: 37 (of 67)

□□□□□□: 2:59:48

□□□□□: 4(of 5)

□□□□□□□: 3:13:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:00:14	5:03	3	7:16	24	12:14	11.90	1:00:14	5:03	3	7:16	24	12:14
Buchenau	11.70	1:01:59	5:17	4	9:34	27	14:23	23.60	2:02:13	5:10	3	16:50	23	25:58
Frankenroda	9.40	50:38	5:23	3	6:46	20	11:23	33.00	2:52:51	5:14	3	23:36	22	37:21
Uferstraße in Tre	9.20	1:11:51	7:48	5	27:33	57	30:57	42.20	4:04:42	5:47	4	51:09	37	1:04:54