



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

Treffurt / 07.04.2019

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Pitz, Markus

□□: marathon4you.de

□□: 137

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:18:44

□□: 9.74 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 44 (of 75)

□□□□□/□: 39 (of 67)

□□□□□□: 2:59:48

□□□□□: 9(of 15)

□□□□□□□: 3:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:09:30	5:50	9	12:21	41	21:30	11.90	1:09:30	5:50	9	12:21	41	21:30
Buchenau	11.70	1:07:11	5:44	9	12:07	40	19:35	23.60	2:16:41	5:47	9	23:53	40	40:26
Frankenroda	9.40	55:05	5:51	8	12:36	36	15:50	33.00	3:11:46	5:48	9	36:29	38	56:16
Uferstraße in Tre	9.20	1:06:58	7:16	11	23:49	48	26:04	42.20	4:18:44	6:07	9	1:00:18	39	1:18:56