



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

Treffurt / 07.04.2019

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Schmid, Jörg

□□: Rennsteiglaufverein, Arnstadt

□□: 149

□□: 42.20 km

Marathon

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Senioren M55 (55-59 Jahre)

□□□: 4:19:08

□□: 9.72 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 45 (of 75)

□□□□□/□: 40 (of 67)

□□□□□□: 2:59:48

□□□□□: 6(of 16)

□□□□□□□: 3:29:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:09:36	5:50	7	13:02	42	21:36	11.90	1:09:36	5:50	7	13:02	42	21:36
Buchenau	11.70	1:09:43	5:57	7	12:59	43	22:07	23.60	2:19:19	5:54	7	26:01	42	43:04
Frankenroda	9.40	57:31	6:07	5	8:50	39	18:16	33.00	3:16:50	5:57	6	34:51	41	1:01:20
Uferstraße in Tre	9.20	1:02:18	6:46	9	14:48	42	21:24	42.20	4:19:08	6:08	6	49:39	40	1:19:20