



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

Treffurt / 07.04.2019

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Lemm, Christian

□□: SV Hainich Berka

□□: 172

□□: 42.20 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:31:22

□□: 9.29 km/h

□□□□: 6:26 min/km

□□□□□/□□□: 50 (of 75)

□□□□□/□: 45 (of 67)

□□□□□□: 2:59:48

□□□□□: 10(of 12)

□□□□□□□: 3:24:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:11:14	5:59	10	18:22	45	23:14	11.90	1:11:14	5:59	10	18:22	45	23:14	
Buchenau	11.70	1:10:39	6:02	10	15:07	45	23:03	23.60	2:21:53	6:00	10	31:32	44	45:38	
Frankenroda	9.40	1:00:11	6:24	10	14:08	43	20:56	33.00	3:22:04	6:07	10	45:40	43	1:06:34	
Uferstraße in Tre	9.20	1:09:18	7:31	10	22:18	52	28:24	42.20	4:31:22	6:25	10	1:07:09	45	1:31:34	