



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

Treffurt / 07.04.2019

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Gast, Thomas

□□: Frankenroda

□□: 114

□□: 42.20 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:33:36

□□: 9.21 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 51 (of 75)

□□□□□/□: 46 (of 67)

□□□□□□: 2:59:48

□□□□□: 10(of 16)

□□□□□□□: 3:29:29

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| lfta              | 11.90    | 1:11:39  | 6:01         | 9       | 15:05   | 46      | 23:39   | 11.90 | 1:11:39   | 6:01      | 9             | 15:05   | 46      | 23:39   |         |
| Buchenau          | 11.70    | 1:10:16  | 6:00         | 8       | 13:32   | 44      | 22:40   | 23.60 | 2:21:55   | 6:00      | 9             | 28:37   | 45      | 45:40   |         |
| Frankenroda       | 9.40     | 1:05:24  | 6:57         | 11      | 16:43   | 51      | 26:09   | 33.00 | 3:27:19   | 6:16      | 9             | 45:20   | 46      | 1:11:49 |         |
| Uferstraße in Tre | 9.20     | 1:06:17  | 7:12         | 11      | 18:47   | 46      | 25:23   | 42.20 | 4:33:36   | 6:29      | 10            | 1:04:07 | 46      | 1:33:48 |         |