



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

Treffurt / 07.04.2019

0000

Marx, Christian

000: 4:34:33

00: Wartenberg

00: 9.18 km/h

00: 173

0000: 6:31 min/km

00: 42.20 km

00000/000: 53 (of 75)

Marathon

00000/0: 47 (of 67)

000000: 2:59:48

0000:

00000: 5(of 5)

Senioren M40 (40-44 Jahre)

0000000: 3:13:33

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ifta	11.90	1:19:36	6:41	5	26:38	58	31:36	11.90	1:19:36	6:41	5	26:38	58	31:36
Buchenau	11.70	1:08:57	5:53	5	16:32	41	21:21	23.60	2:28:33	6:17	5	43:10	48	52:18
Frankenroda	9.40	58:44	6:14	5	14:52	41	19:29	33.00	3:27:17	6:16	5	58:02	45	1:11:47
Uferstraße in Tre	9.20	1:07:16	7:18	4	22:58	49	26:22	42.20	4:34:33	6:30	5	1:21:00	47	1:34:45