



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

Treffurt / 07.04.2019

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Semmelroth, Gerno

□□□: 4:39:22

□□: TEA / www.Bilstein-Marathon.de BiMa 100 HTM□: 9.02 km/h

□□: 153 □□□□: 6:37 min/km

□□: 42.20 km

□□□□□/□□□: 56 (of 75)

Marathon

□□□□□/□: 49 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 10(of 15)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:16:40	6:26	12	19:31	51	28:40	11.90	1:16:40	6:26	12	19:31	51	28:40	
Buchenau	11.70	1:17:05	6:35	12	22:01	51	29:29	23.60	2:33:45	6:30	11	40:57	50	57:30	
Frankenroda	9.40	1:03:30	6:45	10	21:01	49	24:15	33.00	3:37:15	6:34	11	1:01:58	50	1:21:45	
Uferstraße in Tre	9.20	1:02:07	6:45	9	18:58	40	21:13	42.20	4:39:22	6:37	10	1:20:56	49	1:39:34	