



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

Treffurt / 07.04.2019

0000

Beck, Andreas

000: 4:43:37

00: LSV Lok Arnstadt

00: 8.89 km/h

00: 182

0000: 6:43 min/km

00: 42.20 km

00000/000: 58 (of 75)

Marathon

00000/0: 51 (of 67)

000000: 2:59:48

0000:

00000: 2(of 3)

Senioren M60 (60-64 Jahre)

0000000: 3:51:12

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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
lfta	11.90	1:19:12	6:39	2	19:16	57	31:12	11.90	1:19:12	6:39	2	19:16	57	31:12
Buchenau	11.70	1:18:27	6:42	2	16:09	53	30:51	23.60	2:37:39	6:40	2	35:25	55	1:01:24
Frankenroda	9.40	1:02:23	6:38	2	10:16	48	23:08	33.00	3:40:02	6:40	2	45:41	53	1:24:32
Uferstraße in Tre	9.20	1:03:35	6:54	2	6:44	44	22:41	42.20	4:43:37	6:43	2	52:25	51	1:43:49