



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

Treffurt / 07.04.2019

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Beck, Andreas

□□□: 4:43:37

□□: LSV Lok Arnstadt

□□: 8.89 km/h

□□: 182

□□□□: 6:43 min/km

□□: 42.20 km

□□□□□/□□□: 58 (of 75)

Marathon

□□□□□/□: 51 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 2(of 3)

Senioren M60 (60-64 Jahre)

□□□□□□□: 3:51:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
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