



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

Treffurt / 07.04.2019

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**Nimmrichter, Sascha**

□□□: 4:46:28

□□: JSV Erfurt

□□: 8.80 km/h

□□: 136

□□□□: 6:47 min/km

□□: 42.20 km

□□□□□/□□□: 59 (of 75)

Marathon

□□□□□/□: 52 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 3(of 3)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:25:10

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| lfta              | 11.90    | 1:13:53  | 6:12         | 3       | 24:11   | 48      | 25:53   | 11.90 | 1:13:53   | 6:12          | 3       | 24:11   | 48      | 25:53   |
| Buchenau          | 11.70    | 1:13:39  | 6:17         | 3       | 22:37   | 47      | 26:03   | 23.60 | 2:27:32   | 6:15          | 3       | 46:48   | 47      | 51:17   |
| Frankenroda       | 9.40     | 1:06:29  | 7:04         | 3       | 21:51   | 52      | 27:14   | 33.00 | 3:34:01   | 6:29          | 3       | 1:01:52 | 48      | 1:18:31 |
| Uferstraße in Tre | 9.20     | 1:12:27  | 7:52         | 3       | 24:06   | 59      | 31:33   | 42.20 | 4:46:28   | 6:47          | 3       | 1:21:18 | 52      | 1:46:40 |