



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

Treffurt / 07.04.2019

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Joseph, Alexander

□□: Lauffreunde Eisenberg

□□: 120

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:47:28

□□: 8.81 km/h

□□□□: 6:49 min/km

□□□□□/□□□: 60 (of 75)

□□□□□/□: 53 (of 67)

□□□□□□: 2:59:48

□□□□□: 12(of 15)

□□□□□□□: 3:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:10:29	5:55	10	13:20	44	22:29	11.90	1:10:29	5:55	10	13:20	44	22:29
Buchenau	11.70	1:12:59	6:14	10	17:55	46	25:23	23.60	2:23:28	6:04	10	30:40	46	47:13
Frankenroda	9.40	1:11:32	7:36	14	29:03	63	32:17	33.00	3:35:00	6:30	10	59:43	49	1:19:30
Uferstraße in Tre	9.20	1:12:28	7:52	14	29:19	60	31:34	42.20	4:47:28	6:48	12	1:29:02	53	1:47:40