



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

Treffurt / 07.04.2019

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**Sakuth, Holger**

□□□: 4:54:13

□□: M&H Rennsteigtem

□□: 8.61 km/h

□□: 169

□□□□: 6:58 min/km

□□: 42.20 km

□□□□□/□□□: 62 (of 75)

Marathon

□□□□□/□: 55 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 13(of 16)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:29:29

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ifta              | 11.90    | 1:15:43  | 6:21         | 10      | 19:09   | 49      | 27:43   | 11.90 | 1:15:43   | 6:21      | 10            | 19:09   | 49      | 27:43   |         |
| Buchenau          | 11.70    | 1:19:49  | 6:49         | 12      | 23:05   | 55      | 32:13   | 23.60 | 2:35:32   | 6:35      | 11            | 42:14   | 53      | 59:17   |         |
| Frankenroda       | 9.40     | 1:07:48  | 7:12         | 12      | 19:07   | 53      | 28:33   | 33.00 | 3:43:20   | 6:46      | 12            | 1:01:21 | 54      | 1:27:50 |         |
| Uferstraße in Tre | 9.20     | 1:10:53  | 7:42         | 13      | 23:23   | 54      | 29:59   | 42.20 | 4:54:13   | 6:58      | 13            | 1:24:44 | 55      | 1:54:25 |         |