



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

Treffurt / 07.04.2019

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Busse, Thomas

□□: SV Bernterode

□□: 109

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:58:49

□□: 8.43 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 64 (of 75)

□□□□□/□: 57 (of 67)

□□□□□□: 2:59:48

□□□□□: 13(of 15)

□□□□□□□: 3:18:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| lfta | 11.90 | 1:20:27 | 6:45 | 14 | 23:18 | 61 | 32:27 | 11.90 | 1:20:27 | 6:45 | 14 | 23:18 | 61 | 32:27 |
| Buchenau | 11.70 | 1:20:11 | 6:51 | 13 | 25:07 | 56 | 32:35 | 23.60 | 2:40:38 | 6:48 | 14 | 47:50 | 59 | 1:04:23 |
| Frankenroda | 9.40 | 1:08:45 | 7:18 | 12 | 26:16 | 56 | 29:30 | 33.00 | 3:49:23 | 6:57 | 13 | 1:14:06 | 58 | 1:33:53 |
| Uferstraße in Tre | 9.20 | 1:09:26 | 7:32 | 13 | 26:17 | 53 | 28:32 | 42.20 | 4:58:49 | 7:04 | 13 | 1:40:23 | 57 | 1:59:01 |