



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	□□ -	□□ -	□□ □	□□ □
Ifta	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