



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

Treffurt / 07.04.2019

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Thein, Henrik

□□: Waltershausen

□□: 163

□□: 42.20 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 5:08:17

□□: 8.17 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 67 (of 75)

□□□□□/□: 60 (of 67)

□□□□□□: 2:59:48

□□□□□: 15(of 16)

□□□□□□□: 3:29:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:20:01	6:43	14	23:27	60	32:01	11.90	1:20:01	6:43	14	23:27	60	32:01	
Buchenau	11.70	1:25:54	7:20	14	29:10	60	38:18	23.60	2:45:55	7:01	14	52:37	60	1:09:40	
Frankenroda	9.40	1:11:23	7:35	16	22:42	62	32:08	33.00	3:57:18	7:11	15	1:15:19	61	1:41:48	
Uferstraße in Tre	9.20	1:10:59	7:42	14	23:29	55	30:05	42.20	5:08:17	7:18	15	1:38:48	60	2:08:29	