



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

Treffurt / 07.04.2019

□□□□

Schmidt, Chuck

□□□: 5:12:26

□□: Frankfurt

□□: 8.07 km/h

□□: 150

□□□□: 7:24 min/km

□□: 42.20 km

□□□□□/□□□: 68 (of 75)

Marathon

□□□□□/□: 61 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 14(of 15)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:18:26

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:27:20	7:20	15	30:11	64	39:20	11.90	1:27:20	7:20	15	30:11	64	39:20	
Buchenau	11.70	1:27:10	7:27	15	32:06	62	39:34	23.60	2:54:30	7:23	15	1:01:42	64	1:18:15	
Frankenroda	9.40	1:09:40	7:24	13	27:11	58	30:25	33.00	4:04:10	7:23	15	1:28:53	62	1:48:40	
Uferstraße in Tre	9.20	1:08:16	7:25	12	25:07	51	27:22	42.20	5:12:26	7:24	14	1:54:00	61	2:12:38	