



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

Treffurt / 07.04.2019

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Laig, Uwe

□□: 100 Marathon Club

□□: 166

□□: 42.20 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:20:27

□□: 7.86 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 70 (of 75)

□□□□□/□: 63 (of 67)

□□□□□□: 2:59:48

□□□□□: 3(of 3)

□□□□□□□: 3:51:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:27:50	7:22	3	27:54	66	39:50	11.90	1:27:50	7:22	3	27:54	66	39:50	
Buchenau	11.70	1:29:25	7:38	3	27:07	64	41:49	23.60	2:57:15	7:30	3	55:01	66	1:21:00	
Frankenroda	9.40	1:09:53	7:26	3	17:46	60	30:38	33.00	4:07:08	7:29	3	1:12:47	64	1:51:38	
Uferstraße in Tre	9.20	1:13:19	7:58	3	16:28	61	32:25	42.20	5:20:27	7:35	3	1:29:15	63	2:20:39	