



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

Treffurt / 07.04.2019

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Radelhof, Alfred

□□□: 5:38:20

□□: Rennsteiglaufverein

□□: 7.45 km/h

□□: 138

□□□□: 8:01 min/km

□□: 42.20 km

□□□□□/□□□: 74 (of 75)

Marathon

□□□□□/□: 66 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 1(of 1)

Senioren M65 (65-69 Jahre)

□□□□□□□: 5:38:20

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Ifta	11.90	1:21:17	6:49	1	-	62	33:17	11.90	1:21:17	6:49	1	-	62	33:17
Buchenau	11.70	1:30:48	7:45	1	-	66	43:12	23.60	2:52:05	7:17	1	-	63	1:15:50
Frankenroda	9.40	1:22:15	8:45	1	-	66	43:00	33.00	4:14:20	7:42	1	-	66	1:58:50
Uferstraße in Tre	9.20	1:24:00	9:07	1	-	66	43:06	42.20	5:38:20	8:01	1	-	66	2:38:32