



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

Treffurt / 07.04.2019

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Radelhof, Alfred

□□: Rennsteiglaufverein

□□: 138

□□: 42.20 km

Marathon

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 5:38:20

□□: 7.45 km/h

□□□□: 8:01 min/km

□□□□□/□□□: 74 (of 75)

□□□□□/□: 66 (of 67)

□□□□□□: 2:59:48

□□□□□: 1(of 1)

□□□□□□□: 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	