



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

Treffurt / 07.04.2019

Henning, Jürgen

SG Faulungen

259

21.10 km

Halbmarathon

Senioren M55 (55-59 Jahre)

2:01:23

10.38 km/h

5:45 min/km

53 (of 72)

40 (of 52)

1:30:37

7(of 9)

1:37:30

Ranking

Ranking

Rank

Rang	10 km							20 km						
	km	min	min/km	-	-	km	km	km	min	min/km	-	-	km	km
Frankenroda	11.70	1:06:43	5:42	7	10:32	38	15:34	11.70	1:06:43	5:42	7	10:32	38	15:34
Uferstraße in Tre	9.40	54:40	5:48	7	13:21	40	15:12	21.10	2:01:23	5:45	7	23:53	40	30:46