



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

Treffurt / 07.04.2019

0000

Bauersfeld, Norman

000: 3:26:17

00: Goslar

00: 12.22 km/h

00: 104

0000: 4:53 min/km

00: 42.20 km

00000/000: 11 (of 75)

Marathon

00000/0: 11 (of 67)

000000: 2:59:48

0000:

00000: 2(of 5)

Senioren M40 (40-44 Jahre)

0000000: 3:13:33

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ifta	11.90	57:03	4:47	2	4:05	12	9:03	11.90	57:03	4:47	2	4:05	12	9:03
Buchenau	11.70	56:25	4:49	2	4:00	12	8:49	23.60	1:53:28	4:48	2	8:05	13	17:13
Frankenroda	9.40	45:52	4:52	2	2:00	9	6:37	33.00	2:39:20	4:49	2	10:05	12	23:50
Uferstraße in Tre	9.20	46:57	5:06	2	2:39	9	6:03	42.20	3:26:17	4:53	2	12:44	11	26:29