



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

Treffurt / 07.04.2019

□□□□

Rolf, Lars

□□□: 3:28:01

□□: Non-Stop-Ultra Brakel

□□: 12.11 km/h

□□: 159

□□□□: 4:56 min/km

□□: 42.20 km

□□□□□/□□□: 13 (of 75)

Marathon

□□□□□/□: 13 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 3(of 12)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:24:13

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	57:56	4:52	5	5:04	18	9:56	11.90	57:56	4:52	5	5:04	18	9:56	
Buchenau	11.70	56:24	4:49	2	0:52	11	8:48	23.60	1:54:20	4:50	3	3:59	15	18:05	
Frankenroda	9.40	46:07	4:54	2	0:04	11	6:52	33.00	2:40:27	4:51	3	4:03	13	24:57	
Uferstraße in Tre	9.20	47:34	5:10	2	0:34	12	6:40	42.20	3:28:01	4:55	3	3:48	13	28:13	