



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

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□□□

| □□□ | □□ 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 | |