



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

Treffurt / 07.04.2019

0000

Rolf, Lars

000: 3:28:01

00: Non-Stop-Ultra Brakel

00: 12.11 km/h

00: 159

0000: 4:56 min/km

00: 42.20 km

00000/000: 13 (of 75)

Marathon

00000/0: 13 (of 67)

000000: 2:59:48

0000:

00000: 3(of 12)

Senioren M45 (45-49 Jahre)

0000000: 3:24:13

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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	57:56	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