



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

Treffurt / 07.04.2019

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Kaufhold, Tobias

000: 3:28:53

00: Faulungen

00: 12.06 km/h

00: 161

0000: 4:57 min/km

00: 42.20 km

00000/000: 15 (of 75)

Marathon

00000/0: 14 (of 67)

000000: 2:59:48

0000:

00000: 2(of 3)

Senioren M30 (30-34 Jahre)

0000000: 3:25:10

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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	49:42	4:10	1	-	4	1:42	11.90	49:42	4:10	1	-	4	1:42
Buchenau	11.70	51:02	4:21	1	-	4	3:26	23.60	1:40:44	4:16	1	-	4	4:29
Frankenroda	9.40	51:25	5:28	2	6:47	23	12:10	33.00	2:32:09	4:36	1	-	6	16:39
Uferstraße in Tre	9.20	56:44	6:10	2	8:23	33	15:50	42.20	3:28:53	4:56	2	3:43	14	29:05