



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

Treffurt / 07.04.2019

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Becker, Frank

□□: USV Erfurt

□□: 170

□□: 42.20 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:29:29

□□: 12.03 km/h

□□□□: 4:58 min/km

□□□□□/□□□: 17 (of 75)

□□□□□/□: 16 (of 67)

□□□□□□: 2:59:48

□□□□□: 1(of 16)

□□□□□□□: 3:29:29

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ifta | 11.90 | 56:34 | 4:45 | 1 | - | 11 | 8:34 | 11.90 | 56:34 | 4:45 | 1 | - | 11 | 8:34 | |
| Buchenau | 11.70 | 56:44 | 4:50 | 1 | - | 14 | 9:08 | 23.60 | 1:53:18 | 4:48 | 1 | - | 12 | 17:03 | |
| Frankenroda | 9.40 | 48:41 | 5:10 | 1 | - | 16 | 9:26 | 33.00 | 2:41:59 | 4:54 | 1 | - | 16 | 26:29 | |
| Uferstraße in Tre | 9.20 | 47:30 | 5:09 | 1 | - | 11 | 6:36 | 42.20 | 3:29:29 | 4:57 | 1 | - | 16 | 29:41 | |