



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	