



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

Treffurt / 07.04.2019

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Gimpel, Tim

□□: Trailrunning Herkules

□□: 115

□□: 42.20 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:31:50

□□: 11.90 km/h

□□□□: 5:01 min/km

□□□□□/□□□: 19 (of 75)

□□□□□/□: 17 (of 67)

□□□□□□: 2:59:48

□□□□□: 4(of 8)

□□□□□□□: 2:59:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	57:58	4:52	4	9:19	19	9:58	11.90	57:58	4:52	4	9:19	19	9:58	
Buchenau	11.70	58:08	4:58	4	10:32	18	10:32	23.60	1:56:06	4:55	4	19:51	18	19:51	
Frankenroda	9.40	47:31	5:03	4	8:16	15	8:16	33.00	2:43:37	4:57	4	28:07	17	28:07	
Uferstraße in Tre	9.20	48:13	5:14	4	7:19	13	7:19	42.20	3:31:50	5:01	4	32:02	17	32:02	