



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

Treffurt / 07.04.2019

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Keitel, Thomas

□□□: 3:44:24

□□: Leipzig

□□: 11.23 km/h

□□: 164

□□□□: 5:19 min/km

□□: 42.20 km

□□□□□/□□□: 22 (of 75)

Marathon

□□□□□/□: 20 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 3(of 15)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:02:17	5:14	5	5:08	27	14:17	11.90	1:02:17	5:14	5	5:08	27	14:17	
Buchenau	11.70	1:01:18	5:14	3	6:14	23	13:42	23.60	2:03:35	5:14	4	10:47	26	27:20	
Frankenroda	9.40	49:45	5:17	3	7:16	19	10:30	33.00	2:53:20	5:15	3	18:03	24	37:50	
Uferstraße in Tre	9.20	51:04	5:33	5	7:55	20	10:10	42.20	3:44:24	5:19	3	25:58	20	44:36	