



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

Treffurt / 07.04.2019

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Hellrung, Heiko

□□: Bad Sooden-Allendorf

□□: 117

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:45:35

□□: 11.17 km/h

□□□□: 5:21 min/km

□□□□□/□□□: 25 (of 75)

□□□□□/□: 22 (of 67)

□□□□□□: 2:59:48

□□□□□: 4(of 15)

□□□□□□□: 3:18:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:02:31	5:15	6	5:22	29	14:31	11.90	1:02:31	5:15	6	5:22	29	14:31
Buchenau	11.70	1:01:58	5:17	4	6:54	26	14:22	23.60	2:04:29	5:16	5	11:41	29	28:14
Frankenroda	9.40	51:55	5:31	4	9:26	26	12:40	33.00	2:56:24	5:20	4	21:07	28	40:54
Uferstraße in Tre	9.20	49:11	5:20	3	6:02	16	8:17	42.20	3:45:35	5:20	4	27:09	22	45:47