



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

Treffurt / 07.04.2019

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Luhn, Thoralf

□□□: 3:46:59

□□: TEAG Thüringer Energie

□□: 11.10 km/h

□□: 130

□□□□: 5:23 min/km

□□: 42.20 km

□□□□□/□□□: 26 (of 75)

Marathon

□□□□□/□: 23 (of 67)

□□□□:

□□□□□: 7(of 12)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:24:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	57:51	4:51	4	4:59	16	9:51	11.90	57:51	4:51	4	4:59	16	9:51	
Buchenau	11.70	1:03:17	5:24	9	7:45	32	15:41	23.60	2:01:08	5:07	6	10:47	21	24:53	
Frankenroda	9.40	51:09	5:26	7	5:06	22	11:54	33.00	2:52:17	5:13	6	15:53	21	36:47	
Uferstraße in Tre	9.20	54:42	5:56	7	7:42	27	13:48	42.20	3:46:59	5:22	7	22:46	23	47:11	