



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

Treffurt / 07.04.2019

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Scheffel, Rene

□□□: 3:49:02

□□: SV Schwabhausen

□□: 11.00 km/h

□□: 148

□□□□: 5:26 min/km

□□: 42.20 km

□□□□□/□□□: 27 (of 75)

Marathon

□□□□□/□: 24 (of 67)

□□□□□□: 2:59:48

□□□□:

□□□□□: 5(of 8)

Senioren M35 (35-39 Jahre)

□□□□□□□: 2:59:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:02:18	5:14	6	13:39	28	14:18	11.90	1:02:18	5:14	6	13:39	28	14:18
Buchenau	11.70	1:01:17	5:14	6	13:41	22	13:41	23.60	2:03:35	5:14	6	27:20	26	27:20
Frankenroda	9.40	49:30	5:15	5	10:15	18	10:15	33.00	2:53:05	5:14	6	37:35	23	37:35
Uferstraße in Tre	9.20	55:57	6:04	5	15:03	30	15:03	42.20	3:49:02	5:25	5	49:14	24	49:14