



Reif, Bernd

□□: Laufcombo Reif Gotha

□□: 454

□□: 42.20 km Marathon

Senioren M50 (50-54 Jahre)

□□□: 4:01:46

□□: 10.42 km/h

□□□: 5:44 min/km

_____: 25 (of 73)

________: 21 (of 66)

[][][]: 2:46:25

□□□□: 4(of 16)

____: 3:20:00

| | km | | min/km | - | - | | | km | | min/km | - | - | | |
|-------------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|---|-------|----|---------|
| Ifta | 11.70 | 58:55 | 5:02 | 3 | 3:32 | 13 | 13:43 | 11.70 | 58:55 | 5:02 | 3 | 3:32 | 13 | 13:43 |
| Buchenau | 11.80 | 59:37 | 5:03 | 3 | 5:40 | 15 | 14:29 | 23.50 | 1:58:32 | 5:02 | 3 | 9:12 | 14 | 28:12 |
| Frankenroda | 9.40 | 58:57 | 6:16 | 10 | 14:37 | 39 | 39:33 | 32.90 | 2:57:29 | 5:23 | 4 | 23:49 | 19 | 49:06 |
| Uferstraße in Tre | 9.30 | 1:04:17 | 6:54 | 9 | 17:57 | 41 | 26:15 | 42.20 | 4:01:46 | 5:43 | 4 | 41:46 | 21 | 1:15:21 |