



2. Werratalmarathon

Treffurt / 18.07.2021

0000

Rühling, Markus

00: TV Hessisch Lichtenau

00: 458

00: 42.20 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:09:18

00: 10.11 km/h

0000: 5:55 min/km

00000/000: 32 (of 73)

00000/0: 28 (of 66)

000000: 2:46:25

00000: 7(of 16)

0000000: 3:20:00

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
lfta	11.70	1:11:11	6:05	10	15:48	38	25:59	11.70	1:11:11	6:05	10	15:48	38	25:59
Buchenau	11.80	1:09:33	5:53	8	15:36	42	24:25	23.50	2:20:44	5:59	10	31:24	40	50:24
Frankenroda	9.40	54:43	5:49	4	10:23	21	35:19	32.90	3:15:27	5:56	7	41:47	33	1:07:04
Uferstraße in Tre	9.30	53:51	5:47	4	7:31	20	15:49	42.20	4:09:18	5:54	7	49:18	28	1:22:53