



2. Werratalmarathon

Treffurt / 18.07.2021

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Lenz, Florian

□□: Trailrunning-Crew Thüringen

□□: 436

□□: 42.20 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:10:34

□□: 10.06 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 33 (of 73)

□□□□□/□: 29 (of 66)

□□□□□□: 2:46:25

□□□□□: 2(of 4)

□□□□□□□: 3:28:13

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ifta | 11.70 | 1:11:54 | 6:08 | 3 | 14:15 | 42 | 26:42 | 11.70 | 1:11:54 | 6:08 | 3 | 14:15 | 42 | 26:42 |
| Buchenau | 11.80 | 1:09:28 | 5:53 | 3 | 11:57 | 39 | 24:20 | 23.50 | 2:21:22 | 6:00 | 3 | 26:12 | 42 | 51:02 |
| Frankenroda | 9.40 | 55:39 | 5:55 | 2 | 8:56 | 26 | 36:15 | 32.90 | 3:17:01 | 5:59 | 3 | 35:08 | 38 | 1:08:38 |
| Uferstraße in Tre | 9.30 | 53:33 | 5:45 | 2 | 7:13 | 18 | 15:31 | 42.20 | 4:10:34 | 5:56 | 2 | 42:21 | 29 | 1:24:09 |