



# 2. Werratalmarathon

Treffurt / 18.07.2021

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**Ostmann, Heiko**

□□: LT Nauen-Falkensee

□□: 449

□□: 42.20 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:52:24

□□: 8.62 km/h

□□□□: 6:56 min/km

□□□□□/□□□: 60 (of 73)

□□□□□/□: 54 (of 66)

□□□□□□: 2:46:25

□□□□□: 14(of 16)

□□□□□□□: 3:20:00

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ifta              | 11.70    | 1:19:46  | 6:49         | 15      | 24:23   | 59      | 34:34   | 11.70 | 1:19:46   | 6:49          | 15      | 24:23   | 59      | 34:34   |
| Buchenau          | 11.80    | 1:17:24  | 6:33         | 14      | 23:27   | 53      | 32:16   | 23.50 | 2:37:10   | 6:41          | 14      | 47:50   | 54      | 1:06:50 |
| Frankenroda       | 9.40     | 1:07:07  | 7:08         | 15      | 22:47   | 56      | 47:43   | 32.90 | 3:44:17   | 6:49          | 14      | 1:10:37 | 52      | 1:35:54 |
| Uferstraße in Tre | 9.30     | 1:08:07  | 7:19         | 13      | 21:47   | 48      | 30:05   | 42.20 | 4:52:24   | 6:55          | 14      | 1:32:24 | 54      | 2:05:59 |