



Nothnagel, Guido

□□: M&H Rennsteigteam

□□: 353

□□: 21.10 km Halbmarathon

Senioren M50 (50-54 Jahre)

□□□: 1:46:57

□□: 11.78 km/h

□□□□: 5:04 min/km

\_\_\_\_\_: 31 (of 82)

\_\_\_\_/\_: 29 (of 64)

[][][]: 1:15:54

\_\_\_\_: 7(of 11)

DDDDD: 1:29:14

	km		min/km	-	-			km		min/km	-	-		
Frankenroda	11.70	58:09	4:58	7	7:12	21	15:14	11.70	58:09	4:58	7	7:12	21	15:14
Uferstraße in Tre	9.40	48:48	5:11	7	10:33	33	15:49	21.10	1:46:57	5:04	7	17:43	29	31:03