



Deger, Sören

□□: Spiridon Frankfurt

□□: 409

□□: 42.20 km

Marathon

Senioren M40 (40-44 Jahre)

□□□: 2:46:25

□□: 15.14 km/h

□□□: 3:56 min/km

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□□□□: 1(of 9)

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	km		min/km	-	-			km		min/km	-	-		
Ifta	11.70	45:12	3:51	1	-	1	-	11.70	45:12	3:51	1	-	1	-
Buchenau	11.80	45:08	3:49	1	-	1	-	23.50	1:30:20	3:50	1	-	1	-
Frankenroda	9.40	38:03	4:02	1	-	2	18:39	32.90	2:08:23	3:54	1	-	1	-
Uferstraße in Tre	9.30	38:02	4:05	1	-	1	-	42.20	2:46:25	3:56	1	-	1	-