



## 2. Werratalmarathon

Treffurt / 18.07.2021

0000

Malzahn, Helger

00: SSV Erfurt 02 e.V.

00: 438

00: 42.20 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:32:15

00: 11.87 km/h

0000: 5:02 min/km

00000/000: 11 (of 73)

00000/0: 10 (of 66)

000000: 2:46:25

00000: 4(of 9)

0000000: 2:46:25

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| 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     |
| Ifta              | 11.70 | 1:01:28 | 5:15   | 5  | 16:16 | 15 | 16:16 | 11.70 | 1:01:28 | 5:15   | 5  | 16:16 | 15 | 16:16 |
| Buchenau          | 11.80 | 58:08   | 4:55   | 5  | 13:00 | 14 | 13:00 | 23.50 | 1:59:36 | 5:05   | 5  | 29:16 | 16 | 29:16 |
| Frankenroda       | 9.40  | 46:47   | 4:58   | 4  | 8:44  | 10 | 27:23 | 32.90 | 2:46:23 | 5:03   | 5  | 38:00 | 14 | 38:00 |
| Uferstraße in Tre | 9.30  | 45:52   | 4:55   | 4  | 7:50  | 6  | 7:50  | 42.20 | 3:32:15 | 5:01   | 4  | 45:50 | 10 | 45:50 |