



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

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Schmidt, Alexander

□□□: 3:56:03

□□: LT EMMERSHAUSEN

□□: 10.68 km/h

□□: 535

□□□□: 5:35 min/km

□□: 42.20 km

□□□□□/□□□: 14 (of 39)

Marathon

□□□□□/□: 14 (of 36)

□□□□□□: 3:02:33

□□□□:

□□□□□: 1(of 5)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:56:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Falken	11.60	57:18	4:56	1	-	9	11:17	11.60	57:18	4:56	1	-	9	11:17	
Volteroda	12.30	1:05:12	5:18	1	-	7	12:14	23.90	2:02:30	5:07	1	-	7	23:31	
Creuzburg	9.10	51:09	5:37	1	-	14	11:57	33.00	2:53:39	5:15	1	-	9	35:24	
Mihla	9.20	1:02:24	6:46	1	-	16	18:06	42.20	3:56:03	5:35	1	-	14	53:30	