



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

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Nautscher-Timmermann, Dr. Stephan □□□: 3:58:34

□□: Mühlhausen - www.Nationalpark-Hainich.de

□□: 10.61 km/h

□□: 526

□□□□: 5:39 min/km

□□: 42.20 km

□□□□□/□□□: 15 (of 39)

Marathon

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□□□□□□: 3:02:33

□□□□:

□□□□□: 4(of 5)

Senioren M45 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Falken	11.60	57:16	4:56	2	1:46	8	11:15	11.60	57:16	4:56	2	1:46	8	11:15
Volteroda	12.30	1:07:41	5:30	4	5:02	16	14:43	23.90	2:04:57	5:13	3	6:48	10	25:58
Creuzburg	9.10	49:21	5:25	3	3:33	10	10:09	33.00	2:54:18	5:16	3	9:23	10	36:03
Mihla	9.20	1:04:16	6:59	4	15:22	19	19:58	42.20	3:58:34	5:39	4	22:29	15	56:01