



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

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Hellrung, Heiko

000: 4:06:28

00: Bad Sooden-Allendorf

00: 10.22 km/h

00: 518

0000: 5:50 min/km

00: 42.20 km

00000/000: 18 (of 39)

Marathon

00000/0: 17 (of 36)

000000: 3:02:33

0000:

00000: 3(of 6)

Senioren M55 (55-59 Jahre)

0000000: 3:02:33

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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
Falken	11.60	1:00:11	5:11	4	14:10	19	14:10	11.60	1:00:11	5:11	4	14:10	19	14:10
Volteroda	12.30	1:13:49	6:00	4	20:47	21	20:51	23.90	2:14:00	5:36	4	34:57	20	35:01
Creuzburg	9.10	54:05	5:56	2	14:53	16	14:53	33.00	3:08:05	5:41	3	49:50	18	49:50
Mihla	9.20	58:23	6:20	2	14:05	14	14:05	42.20	4:06:28	5:50	3	1:03:55	17	1:03:55