



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

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Dittmar, Michael

00: Rhöner WSV e.V.

00: 509

00: 42.20 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:30:05

00: 9.37 km/h

0000: 6:24 min/km

00000/000: 28 (of 39)

00000/0: 25 (of 36)

000000: 3:02:33

00000: 3(of 4)

0000000: 3:21:54

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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	56:34	4:52	2	6:13	7	10:33	11.60	56:34	4:52	2	6:13	7	10:33
Volteroda	12.30	1:11:17	5:47	2	13:00	18	18:19	23.90	2:07:51	5:20	2	19:13	16	28:52
Creuzburg	9.10	1:07:45	7:26	4	24:24	32	28:33	33.00	3:15:36	5:55	3	43:37	21	57:21
Mihla	9.20	1:14:29	8:05	4	24:34	30	30:11	42.20	4:30:05	6:24	3	1:08:11	25	1:27:32