



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

0000

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: 9.33 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

0000

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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 |