



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

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Dennis Willing

□□: 1.SSV Saalfeld 92' e.V.

□□: 13

□□: 54.90 km

3 Runden

□□□□:

B - Herren Masters 2-4

□□□: 3:24:31

□□: 15.84 km/h

□□□□: 3:43 min/km

□□□□□/□□□: 3 (of 15)

□□□□□/□: 3 (of 14)

□□□□□□: 3:14:53

□□□□□: 1(of 8)

□□□□□□□: 3:24:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	18.30	1:05:00	3:33	1	-	4	0:54	18.30	1:05:00	3:33	1	-	4	0:54
□□□	18.30	1:07:06	3:39	1	-	4	3:31	36.60	2:12:06	3:36	1	-	4	2:00
Pumptrack	18.30	1:12:25	3:57	2	1:12:25	6	1:12:25	54.90	3:24:31	3:43	1	-	3	9:38