



# 12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

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**Stefan Gollhardt**

□□: Team Fritsche

□□: 38

□□: 54.90 km

3 Runden

□□□□:

B - Herren Masters 2-4

□□□: 4:04:43

□□: 13.24 km/h

□□□□: 4:27 min/km

□□□□□/□□□: 6 (of 15)

□□□□□/□: 6 (of 14)

□□□□□□: 3:14:53

□□□□□: 4(of 8)

□□□□□□□: 3:24:31

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	18.30	1:20:54	4:25	6	15:54	10	16:48	18.30	1:20:54	4:25	6	15:54	10	16:48
□□□	18.30	1:21:03	4:25	3	13:57	7	17:28	36.60	2:41:57	4:25	4	29:51	8	31:51
Pumptrack	18.30	1:22:46	4:31	5	1:22:46	9	1:22:46	54.90	4:04:43	4:27	4	40:12	6	49:50