



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

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Björn Wirsching

□□: SWV Goldlauter Heidersbach

□□: 14

□□: 54.90 km

3 Runden

□□□□:

B - Herren U23

□□□: 3:21:03

□□: 16.38 km/h

□□□□: 3:39 min/km

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□□□□□/□: 2 (of 14)

□□□□□□: 3:14:53

□□□□□: 1(of 1)

□□□□□□□: 3:21:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	18.30	1:04:56	3:32	1	-	3	0:50	18.30	1:04:56	3:32	1	-	3	0:50
□□□	18.30	1:06:32	3:38	1	-	3	2:57	36.60	2:11:28	3:35	1	-	3	1:22
Pumptrack	18.30	1:09:35	3:48	1	-	5	1:09:35	54.90	3:21:03	3:39	1	-	2	6:10