



# 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Dietz, Ralph

00: DUV

00: 661

00: 42.20 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:58:21

00: 8.45 km/h

0000: 7:04 min/km

00000/000: 50 (of 63)

00000/0: 40 (of 52)

000000: 3:03:52

00000: 6(of 6)

0000000: 3:54:14

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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
Ifta	11.70	1:17:54	6:39	6	13:36	46	26:27	11.70	1:17:54	6:39	6	13:36	46	26:27
Buchenau	11.80	1:19:56	6:46	6	15:47	44	29:30	23.50	2:37:50	6:42	6	29:13	44	55:57
Frankenroda	9.40	1:09:10	7:21	6	17:27	39	28:27	32.90	3:47:00	6:53	6	46:40	39	1:24:24
Treffurt	9.30	1:11:21	7:40	6	19:45	41	30:05	42.20	4:58:21	7:04	6	1:04:07	40	1:54:29