



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Ostmann, Heiko

000: 4:59:37

00: LT Nauen-Falkensee

00: 8.41 km/h

00: 668

0000: 7:06 min/km

00: 42.20 km

00000/000: 52 (of 63)

Marathon

00000/0: 42 (of 52)

000000: 3:03:52

0000:

00000: 8(of 10)

Senioren M50 (50-54 Jahre)

0000000: 3:35:00

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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	1:16:52	6:34	8	18:23	45	25:25	11.70	1:16:52	6:34	8	18:23	45	25:25
Buchenau	11.80	1:18:13	6:37	7	21:15	40	27:47	23.50	2:35:05	6:35	8	39:38	41	53:12
Frankenroda	9.40	1:12:16	7:41	8	23:54	41	31:33	32.90	3:47:21	6:54	7	1:02:06	40	1:24:45
Treffurt	9.30	1:12:16	7:46	8	24:05	42	31:00	42.20	4:59:37	7:05	8	1:24:37	42	1:55:45