



4. Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Gast, Thomas

00: Frankenroda

00: 612

00: 42.20 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 5:43:27

00: 7.34 km/h

0000: 8:08 min/km

00000/000: 59 (of 63)

00000/0: 49 (of 52)

000000: 3:03:52

00000: 7(of 7)

0000000: 3:57:00

0000

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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	1:20:56	6:55	5	19:12	49	29:29	11.70	1:20:56	6:55	5	19:12	49	29:29
Buchenau	11.80	1:32:43	7:51	7	32:47	51	42:17	23.50	2:53:39	7:23	6	51:59	50	1:11:46
Frankenroda	9.40	1:24:43	9:00	7	30:17	49	44:00	32.90	4:18:22	7:51	7	1:22:16	49	1:55:46
Treffurt	9.30	1:25:05	9:08	7	29:09	48	43:49	42.20	5:43:27	8:08	7	1:46:27	49	2:39:35