



4. Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Wilsdorf, Stefan

000: 3:03:52

00: SV Motor Königsee e.V.

00: 13.71 km/h

00: 659

0000: 4:22 min/km

00: 42.20 km

00000/000: 1 (of 63)

Marathon

00000/0: 1 (of 52)

000000: 3:03:52

0000:

00000: 1(of 8)

Senioren M35 (35-39 Jahre)

0000000: 3:03:52

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|-------------|-------|-------|--------|----|----|----|----|-------|---------|--------|----|----|----|----|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Ifta | 11.70 | 51:27 | 4:23 | 1 | - | 1 | - | 11.70 | 51:27 | 4:23 | 1 | - | 1 | - |
| Buchenau | 11.80 | 50:26 | 4:16 | 1 | - | 1 | - | 23.50 | 1:41:53 | 4:20 | 1 | - | 1 | - |
| Frankenroda | 9.40 | 40:43 | 4:19 | 1 | - | 1 | - | 32.90 | 2:22:36 | 4:20 | 1 | - | 1 | - |
| Treffurt | 9.30 | 41:16 | 4:26 | 1 | - | 1 | - | 42.20 | 3:03:52 | 4:21 | 1 | - | 1 | - |