



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Schmidt, Alex

000: 3:39:37

00: LT EMMERSHAUSEN

00: 11.47 km/h

00: 647

0000: 5:12 min/km

00: 42.20 km

00000/000: 10 (of 63)

Marathon

00000/0: 8 (of 52)

000000: 3:03:52

0000:

00000: 1(of 8)

Senioren M40 (40-44 Jahre)

0000000: 3:39:37

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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 | 1:03:15 | 5:24 | 1 | - | 12 | 11:48 | 11.70 | 1:03:15 | 5:24 | 1 | - | 12 | 11:48 |
| Buchenau | 11.80 | 1:00:31 | 5:07 | 1 | - | 10 | 10:05 | 23.50 | 2:03:46 | 5:15 | 1 | - | 12 | 21:53 |
| Frankenroda | 9.40 | 47:54 | 5:05 | 2 | 0:43 | 7 | 7:11 | 32.90 | 2:51:40 | 5:13 | 1 | - | 8 | 29:04 |
| Treffurt | 9.30 | 47:57 | 5:09 | 2 | 3:18 | 5 | 6:41 | 42.20 | 3:39:37 | 5:12 | 1 | - | 8 | 35:45 |