



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Trost, Stefan

000: 3:47:25

00: Sömmerdaer Gipfelstürmer

00: 11.08 km/h

00: 654

0000: 5:23 min/km

00: 42.20 km

00000/000: 15 (of 63)

Marathon

00000/0: 13 (of 52)

000000: 3:03:52

0000:

00000: 2(of 8)

Senioren M40 (40-44 Jahre)

0000000: 3:39:37

0000

0000

000

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	1:08:23	5:50	4	5:08	27	16:56	11.70	1:08:23	5:50	4	5:08	27	16:56
Buchenau	11.80	1:07:12	5:41	4	6:41	23	16:46	23.50	2:15:35	5:46	3	11:49	23	33:42
Frankenroda	9.40	47:11	5:01	1	-	5	6:28	32.90	3:02:46	5:33	2	11:06	18	40:10
Treffurt	9.30	44:39	4:48	1	-	3	3:23	42.20	3:47:25	5:23	2	7:48	13	43:33