



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Marx, Kevin

00: Heyeröder Hainichläufer

00: 634

00: 42.20 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:47:04

00: 11.15 km/h

0000: 5:23 min/km

00000/000: 14 (of 63)

00000/0: 12 (of 52)

000000: 3:03:52

00000: 2(of 3)

0000000: 3:13:27

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	1:02:17	5:19	2	7:05	10	10:50	11.70	1:02:17	5:19	2	7:05	10	10:50
Buchenau	11.80	1:00:33	5:07	2	8:17	12	10:07	23.50	2:02:50	5:13	2	15:22	10	20:57
Frankenroda	9.40	50:45	5:23	2	7:33	12	10:02	32.90	2:53:35	5:16	2	22:55	10	30:59
Treffurt	9.30	53:29	5:45	2	10:42	22	12:13	42.20	3:47:04	5:22	2	33:37	12	43:12