



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Luhn, Thoralf

□□: TEAG Thüringer Energie AG

□□: 633

□□: 42.20 km

Marathon

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Senioren M50 (50-54 Jahre)

□□□: 3:49:15

□□: 10.99 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 17 (of 63)

□□□□□/□: 14 (of 52)

□□□□□□: 3:03:52

□□□□□: 3(of 10)

□□□□□□□: 3:35:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.70	1:04:17	5:29	3	5:48	14	12:50	11.70	1:04:17	5:29	3	5:48	14	12:50	
Buchenau	11.80	1:04:21	5:27	3	7:23	19	13:55	23.50	2:08:38	5:28	3	13:11	17	26:45	
Frankenroda	9.40	51:41	5:29	3	3:19	14	10:58	32.90	3:00:19	5:28	3	15:04	14	37:43	
Treffurt	9.30	48:56	5:15	2	0:45	9	7:40	42.20	3:49:15	5:25	3	14:15	14	45:23	