



4. Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Schmidt, Thomas

00: SV Ilmtal Manebach

00: 670

00: 42.20 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:58:28

00: 10.57 km/h

0000: 5:39 min/km

00000/000: 24 (of 63)

00000/0: 20 (of 52)

000000: 3:03:52

00000: 4(of 10)

0000000: 3:35:00

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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	1:08:21	5:50	4	9:52	23	16:54	11.70	1:08:21	5:50	4	9:52	23	16:54
Buchenau	11.80	1:07:15	5:41	4	10:17	27	16:49	23.50	2:15:36	5:46	4	20:09	25	33:43
Frankenroda	9.40	52:40	5:36	4	4:18	19	11:57	32.90	3:08:16	5:43	4	23:01	23	45:40
Treffurt	9.30	50:12	5:23	5	2:01	15	8:56	42.20	3:58:28	5:39	4	23:28	20	54:36