



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Wüster, Nils

00: Erfurt

00: 660

00: 42.20 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:03:28

00: 10.35 km/h

0000: 5:46 min/km

00000/000: 29 (of 63)

00000/0: 25 (of 52)

000000: 3:03:52

00000: 4(of 6)

0000000: 3:32:08

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	1:05:47	5:37	4	7:22	19	14:20	11.70	1:05:47	5:37	4	7:22	19	14:20
Buchenau	11.80	1:05:47	5:34	5	7:51	20	15:21	23.50	2:11:34	5:35	5	15:13	20	29:41
Frankenroda	9.40	55:18	5:52	4	8:19	27	14:35	32.90	3:06:52	5:40	4	23:32	20	44:16
Treffurt	9.30	56:36	6:05	4	7:59	28	15:20	42.20	4:03:28	5:46	4	31:20	25	59:36