



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Plepla, Patrick

00: Wardon

00: 639

00: 42.20 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:08:08

00: 10.16 km/h

0000: 5:53 min/km

00000/000: 35 (of 63)

00000/0: 29 (of 52)

000000: 3:03:52

00000: 5(of 8)

0000000: 3:39:37

0000

0000

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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	1:07:22	5:45	2	4:07	20	15:55	11.70	1:07:22	5:45	2	4:07	20	15:55
Buchenau	11.80	1:06:10	5:36	2	5:39	21	15:44	23.50	2:13:32	5:40	2	9:46	21	31:39
Frankenroda	9.40	54:13	5:46	5	7:02	23	13:30	32.90	3:07:45	5:42	3	16:05	21	45:09
Treffurt	9.30	1:00:23	6:29	5	15:44	31	19:07	42.20	4:08:08	5:52	5	28:31	29	1:04:16