



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Hildebrandt, Guido

00: SSV FSG Eisenberg

00: 621

00: 42.20 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:11:44

00: 10.01 km/h

0000: 5:58 min/km

00000/000: 37 (of 63)

00000/0: 31 (of 52)

000000: 3:03:52

00000: 5(of 6)

0000000: 3:32:08

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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	1:07:25	5:45	5	9:00	21	15:58	11.70	1:07:25	5:45	5	9:00	21	15:58
Buchenau	11.80	1:03:55	5:24	3	5:59	14	13:29	23.50	2:11:20	5:35	4	14:59	19	29:27
Frankenroda	9.40	58:28	6:13	5	11:29	33	17:45	32.90	3:09:48	5:46	5	26:28	27	47:12
Treffurt	9.30	1:01:56	6:39	6	13:19	34	20:40	42.20	4:11:44	5:57	5	39:36	31	1:07:52