



# 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Glaser, Sebastian

000: 4:17:46

00: Wardon

00: 9.78 km/h

00: 615

0000: 6:07 min/km

00: 42.20 km

00000/000: 40 (of 63)

Marathon

00000/0: 34 (of 52)

000000: 3:03:52

0000:

00000: 7(of 8)

Senioren M35 (35-39 Jahre)

0000000: 3:03:52

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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	1:12:37	6:12	7	21:10	38	21:10	11.70	1:12:37	6:12	7	21:10	38	21:10
Buchenau	11.80	1:11:22	6:02	7	20:56	34	20:56	23.50	2:23:59	6:07	7	42:06	37	42:06
Frankenroda	9.40	58:39	6:14	7	17:56	34	17:56	32.90	3:22:38	6:09	7	1:00:02	34	1:00:02
Treffurt	9.30	55:08	5:55	7	13:52	26	13:52	42.20	4:17:46	6:06	7	1:13:54	34	1:13:54