



4. Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

0000

Glaser, Sebastian

000: 4:17:46

00: Wardon

00: 9.82 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 |