



1. Werratalmarathon, M, 4-er Staffel, HM

Treffurt / 07.04.2019

□□□□

SV 1899 MHL - LadyPower

□□□: 3:09:10

□□: 2

□□: 13.32 km/h

□□□□: 4:29 min/km

□□: 42.20 km

Staffel

□□□□□: 5 (of 15)

□□□□□□: 2:39:20

□□□□:

□□□□□: 1(of 2)

Frauenstaffel

□□□□□□□: 3:09:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Ifta	11.90	53:22	4:29	1	-	6	11:23	11.90	53:22	4:29	1	-	6	11:23
Buchenau	11.70	54:41	4:40	1	-	9	10:53	23.60	1:48:03	4:34	1	-	7	22:16
Frankenroda	9.40	39:38	4:12	1	-	5	2:57	33.00	2:27:41	4:28	1	-	5	22:28
Uferstraße in Tre	9.20	41:29	4:30	1	-	7	7:50	42.20	3:09:10	4:28	1	-	5	29:50