



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

Treffurt / 07.04.2019

0000

Rudel, Daniela

000: 3:51:48

00: Lauffeuer Fröttstädt

00: 10.87 km/h

00: 145

0000: 5:29 min/km

00: 42.20 km

00000/000: 31 (of 75)

Marathon

00000/0: 4 (of 8)

000000: 3:28:42

0000:

00000: 1(of 3)

Seniorinnen W45 (45-49 Jahre)

0000000: 3:51:48

0000

0000

000

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	11.90	1:01:40	5:10	1	-	4	5:00	11.90	1:01:40	5:10	1	-	4	5:00
Buchenau	11.70	1:04:15	5:29	1	-	4	7:36	23.60	2:05:55	5:20	1	-	4	12:36
Frankenroda	9.40	53:19	5:40	1	-	4	6:53	33.00	2:59:14	5:25	1	-	4	17:13
Uferstraße in Tre	9.20	52:34	5:42	1	-	4	8:12	42.20	3:51:48	5:29	1	-	4	23:06