



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

Treffurt / 07.04.2019

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Reinz, Michaela

□□□: 4:34:33

□□: Laufgruppe Treffurt

□□: 9.18 km/h

□□: 101

□□□□: 6:31 min/km

□□: 42.20 km

□□□□□/□□□: 52 (of 75)

Marathon

□□□□□/□: 6 (of 8)

□□□□□□: 3:28:42

□□□□:

□□□□□: 2(of 3)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 3:51:48

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| lfta              | 11.90    | 1:09:51  | 5:52         | 2       | 8:11    | 6       | 13:11   | 11.90 | 1:09:51   | 5:52      | 2             | 8:11    | 6       | 13:11   |         |
| Buchenau          | 11.70    | 1:13:45  | 6:18         | 2       | 9:30    | 6       | 17:06   | 23.60 | 2:23:36   | 6:05      | 2             | 17:41   | 6       | 30:17   |         |
| Frankenroda       | 9.40     | 1:04:47  | 6:53         | 2       | 11:28   | 6       | 18:21   | 33.00 | 3:28:23   | 6:18      | 2             | 29:09   | 6       | 46:22   |         |
| Uferstraße in Tre | 9.20     | 1:06:10  | 7:11         | 3       | 13:36   | 7       | 21:48   | 42.20 | 4:34:33   | 6:30      | 2             | 42:45   | 6       | 1:05:51 |         |