



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

Treffurt / 07.04.2019

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Martin, Alexandra

□□□: 4:42:18

□□: TSV Prichsenstadt

□□: 8.93 km/h

□□: 131

□□□□: 6:41 min/km

□□: 42.20 km

□□□□□/□□□: 57 (of 75)

Marathon

□□□□□/□: 7 (of 8)

□□□□□□: 3:28:42

□□□□:

□□□□□: 3(of 3)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 3:51:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.90	1:15:01	6:18	3	13:21	7	18:21	11.90	1:15:01	6:18	3	13:21	7	18:21	
Buchenau	11.70	1:15:34	6:27	3	11:19	7	18:55	23.60	2:30:35	6:22	3	24:40	7	37:16	
Frankenroda	9.40	1:07:28	7:10	3	14:09	7	21:02	33.00	3:38:03	6:36	3	38:49	7	56:02	
Uferstraße in Tre	9.20	1:04:15	6:59	2	11:41	6	19:53	42.20	4:42:18	6:41	3	50:30	7	1:13:36	