



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

Treffurt / 07.04.2019

□□□□

Konradt, Marion

□□□: 5:20:27

□□: Alte Liebe

□□: 7.86 km/h

□□: 107

□□□□: 7:35 min/km

□□: 42.20 km

□□□□□/□□□: 72 (of 75)

Marathon

□□□□□/□: 8 (of 8)

□□□□□□: 3:28:42

□□□□:

□□□□□: 4(of 4)

Seniorinnen W55 (55-59 Jahre)

□□□□□□□: 3:28:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:27:39	7:21	4	27:37	8	30:59	11.90	1:27:39	7:21	4	27:37	8	30:59	
Buchenau	11.70	1:29:31	7:39	4	31:39	8	32:52	23.60	2:57:10	7:30	4	59:16	8	1:03:51	
Frankenroda	9.40	1:09:44	7:25	4	23:18	8	23:18	33.00	4:06:54	7:28	4	1:22:34	8	1:24:53	
Uferstraße in Tre	9.20	1:13:33	7:59	4	29:11	8	29:11	42.20	5:20:27	7:35	4	1:51:45	8	1:51:45	