



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

Treffurt / 07.04.2019

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Ernst, Beate

□□□: 3:45:15

□□: Lauffeuer Fröttstädt

□□: 11.19 km/h

□□: 110

□□□□: 5:20 min/km

□□: 42.20 km

□□□□□/□□□: 24 (of 75)

Marathon

□□□□□/□: 3 (of 8)

□□□□□□: 3:28:42

□□□□:

□□□□□: 2(of 4)

Seniorinnen W55 (55-59 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.90	1:01:00	5:07	2	0:58	3	4:20	11.90	1:01:00	5:07	2	0:58	3	4:20	
Buchenau	11.70	1:02:12	5:18	2	4:20	3	5:33	23.60	2:03:12	5:13	2	5:18	3	9:53	
Frankenroda	9.40	50:32	5:22	2	4:06	3	4:06	33.00	2:53:44	5:15	2	9:24	3	11:43	
Uferstraße in Tre	9.20	51:31	5:35	2	7:09	3	7:09	42.20	3:45:15	5:20	2	16:33	3	16:33	