



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

Treffurt / 07.04.2019

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Ernst, Beate

000: 3:45:15

00: Lauffeuer Fröttstädt

00: 11.19 km/h

00: 110

0000: 5:20 min/km

00: 42.20 km

00000/000: 24 (of 75)

Marathon

00000/0: 3 (of 8)

000000: 3:28:42

0000:

00000: 2(of 4)

Seniorinnen W55 (55-59 Jahre)

0000000: 3:28:42

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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	1:01:00	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