



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Walschberg-Mädels

□□□: 3:45:25

□□: 54

□□: 11.18 km/h

□□□□: 5:20 min/km

□□: 42.20 km

Staffel

□□□□□: 6 (of 13)

□□□□□□: 3:21:10

□□□□:

□□□□□: 1(of 2)

Frauenstaffel

□□□□□□□: 3:45:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Ifta	11.70	1:04:42	5:31	1	-	9	9:29	11.70	1:04:42	5:31	1	-	9	9:29
Buchenau	11.80	1:00:44	5:08	1	-	8	9:02	23.50	2:05:26	5:20	1	-	8	18:17
Frankenroda	9.40	52:33	5:35	2	0:55	9	8:38	32.90	2:57:59	5:24	1	-	9	26:55
Treffurt	9.30	47:26	5:06	2	2:13	4	2:13	42.20	3:45:25	5:20	1	-	6	24:15