



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Der 1. Versuch

□□□: 3:47:29

□□: 47

□□: 11.08 km/h

□□□□: 5:23 min/km

□□: 42.20 km

Staffel

□□□□□: 8 (of 13)

□□□□□□: 3:21:10

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□□□□□: 3(of 6)

Mixstaffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Ifta	11.70	1:03:01	5:23	4	7:34	7	7:48	11.70	1:03:01	5:23	4	7:34	7	7:48
Buchenau	11.80	1:00:34	5:07	3	8:52	7	8:52	23.50	2:03:35	5:15	4	16:26	7	16:26
Frankenroda	9.40	49:47	5:17	2	5:52	5	5:52	32.90	2:53:22	5:16	2	22:18	5	22:18
Treffurt	9.30	54:07	5:49	6	7:07	12	8:54	42.20	3:47:29	5:23	3	26:19	8	26:19