



# 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

□□□□

Wiemers, Michaela

□□: Erdinger Active Team

□□: 663

□□: 42.20 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 4:51:29

□□: 8.65 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 48 (of 63)

□□□□□/□: 10 (of 11)

□□□□□□: 3:18:09

□□□□□: 3(of 4)

□□□□□□□: 3:21:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
lfta	11.70	1:19:32	6:47	4	23:25	11	23:41	11.70	1:19:32	6:47	4	23:25	11	23:41
Buchenau	11.80	1:17:43	6:35	4	23:39	11	23:39	23.50	2:37:15	6:41	4	47:04	11	47:04
Frankenroda	9.40	1:08:28	7:17	4	22:47	11	23:35	32.90	3:45:43	6:51	4	1:09:51	11	1:09:51
Treffurt	9.30	1:05:46	7:04	3	19:50	10	23:48	42.20	4:51:29	6:54	3	1:29:41	10	1:33:20