



4. Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Schütt, Silke

□□□: 3:47:44

□□: LANDAU RUNNING COMPANY

□□: 11.07 km/h

□□: 650

□□□□: 5:24 min/km

□□: 42.20 km

□□□□□/□□□: 16 (of 63)

Marathon

□□□□□/□: 3 (of 11)

□□□□□□: 3:18:09

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□□□□□: 1 (of 2)

Seniorinnen W45 (45-49 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ifta	11.70	1:02:23	5:19	1	-	3	6:32	11.70	1:02:23	5:19	1	-	3	6:32	
Buchenau	11.80	1:02:12	5:16	1	-	4	8:08	23.50	2:04:35	5:18	1	-	3	14:24	
Frankenroda	9.40	51:01	5:25	1	-	4	6:08	32.90	2:55:36	5:20	1	-	3	19:44	
Treffurt	9.30	52:08	5:36	1	-	4	10:10	42.20	3:47:44	5:23	1	-	3	29:35	