



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

□□□□:

□□□□□: 1(of 2)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 3:47:44

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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 | |