☐☐☐☐

Henkel, Kerstin

☐☐: Bad Hersfeld
☐☐: 674

☐☐: 42.20 km
Marathon

☐☐☐☐:
Seniorinnen W50 (50-54 Jahre)

☐☐☐: 4:04:42

☐☐: 10.30 km/h
☐☐☐☐: 5:48 min/km

☐☐☐☐☐/☐☐☐: 30 (of 63)
☐☐☐☐☐/☐: 5 (of 11)
☐☐☐☐☐☐☐: 3:18:09

☐☐☐☐☐: 1(of 2)
☐☐☐☐☐☐☐: 4:04:42

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☐☐☐	☐☐ km	☐☐ ☐☐	☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐	☐☐☐ km	☐☐☐ ☐☐	☐☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐	☐☐ ☐
Ifta	11.70	1:09:41	5:57	1	-	7	13:50	11.70	1:09:41	5:57	1	-	7	13:50
Buchenau	11.80	1:08:11	5:46	1	-	6	14:07	23.50	2:17:52	5:52	1	-	7	27:41
Frankenroda	9.40	54:24	5:47	1	-	5	9:31	32.90	3:12:16	5:50	1	-	5	36:24
Treffurt	9.30	52:26	5:38	1	-	5	10:28	42.20	4:04:42	5:47	1	-	5	46:33