



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

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Henkel, Kerstin

□□□: 4:04:42

□□: Bad Hersfeld

□□: 10.30 km/h

□□: 674

□□□□: 5:48 min/km

□□: 42.20 km

□□□□□/□□□: 30 (of 63)

Marathon

□□□□□/□: 5 (of 11)

□□□□□□: 3:18:09

□□□□:

□□□□□: 1(of 2)

Seniorinnen W50 (50-54 Jahre)

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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