



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Zimmermann, Ulrich

00: Fitunlimited/S1 Suhl

00: 156

00: 9.75 km

10 km Lauf

0000:

Männer M50

000: 52:03

00: 10.37 km/h

0000: 5:20 min/km

00000/000: 101 (of 150)

00000/0: 95 (of 128)

000000: 32:24

00000: 9(of 14)

0000000: 39:41

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	16:53	5:11	10	4:49	104	6:40	3.25	16:53	5:11	9	4:49	94	6:40
00 2	3.25	17:45	5:27	9	4:15	93	6:33	6.50	34:38	5:19	9	8:55	94	13:13
000 00	3.25	17:25	5:21	9	3:42	92	6:26	9.75	52:03	5:20	9	12:22	97	29:17