



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Apelt, Robby

00: TV Barchfeld

00: 278

00: 9.75 km

10 km Lauf

0000:

Männer M45

000: 41:23

00: 13.05 km/h

0000: 4:14 min/km

00000/000: 26 (of 150)

00000/0: 25 (of 128)

000000: 32:24

00000: 5(of 23)

0000000: 37:30

0000

0000

000

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	12:54	3:58	4	1:08	25	2:41	3.25	12:54	3:58	20	-	25	2:41
00 2	3.25	14:16	4:23	5	1:22	28	3:04	6.50	27:10	4:10	20	-	25	5:45
000 00	3.25	14:13	4:22	5	1:23	29	3:14	9.75	41:23	4:14	5	3:53	27	18:37