



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Fasold, Frank

00: WJ Stade

00: 241

00: 9.75 km

10 km Lauf

0000:

Männer M35

000: 43:54

00: 13.33 km/h

0000: 4:30 min/km

00000/000: 39 (of 150)

00000/0: 38 (of 128)

000000: 32:24

00000: 7(of 24)

0000000: 37:58

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	13:47	4:14	8	2:38	38	3:34	3.25	13:47	4:14	19	-	38	3:34
00 2	3.25	15:01	4:37	7	2:01	40	3:49	6.50	28:48	4:25	18	-	38	7:23
000 00	3.25	15:06	4:38	9	3:29	44	4:07	9.75	43:54	4:30	8	21:08	40	21:08