



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Heiderich, Sebastian

00: Triathlon Barchfeld

00: 138

00: 9.75 km

10 km Lauf

0000:

Männer M30

000: 46:23

00: 12.61 km/h

0000: 4:46 min/km

00000/000: 59 (of 150)

00000/0: 57 (of 128)

000000: 32:24

00000: 10(of 18)

0000000: 37:31

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	15:21	4:43	14	3:39	79	5:08	3.25	15:21	4:43	1	-	57	5:08
00 2	3.25	15:35	4:47	9	2:52	53	4:23	6.50	30:56	4:45	1	-	57	9:31
000 00	3.25	15:27	4:45	7	3:00	47	4:28	9.75	46:23	4:45	10	8:52	59	23:37