



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Freimuth, Christian

00: LG naked woodrunners

00: 219

00: 9.75 km

10 km Lauf

0000:

Männer M30

000: 47:35

00: 11.35 km/h

0000: 4:53 min/km

00000/000: 66 (of 150)

00000/0: 62 (of 128)

000000: 32:24

00000: 12(of 18)

0000000: 37:31

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	15:20	4:43	13	3:38	77	5:07	3.25	15:20	4:43	8		62	5:07
00 2	3.25	16:25	5:03	12	3:42	64	5:13	6.50	31:45	4:53	8	0:49	62	10:20
000 00	3.25	15:50	4:52	11	3:23	59	4:51	9.75	47:35	4:52	12	10:04	64	24:49