



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Schmitt, Erich

00: TSV Ostheim/Rhön

00: 168

00: 9.75 km

10 km Lauf

0000:

Männer M60

000: 47:46

00: 12.25 km/h

0000: 4:54 min/km

00000/000: 69 (of 150)

00000/0: 65 (of 128)

000000: 32:24

00000: 4(of 8)

0000000: 36:45

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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	14:57	4:35	4	3:03	68	4:44	3.25	14:57	4:35	4	3:03	65	4:44
00 2	3.25	16:28	5:03	4	3:40	65	5:16	6.50	31:25	4:50	4	6:43	65	10:00
000 00	3.25	16:21	5:01	4	4:18	67	5:22	9.75	47:46	4:53	4	11:01	67	25:00