



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Keitzl, Thomas

00: Impuls Fitness Eisenach

00: 288

00: 9.75 km

10 km Lauf

0000:

Männer M45

000: 47:54

00: 11.27 km/h

0000: 4:55 min/km

00000/000: 70 (of 150)

00000/0: 66 (of 128)

000000: 32:24

00000: 9(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	14:45	4:32	9	2:59	61	4:32	3.25	14:45	4:32	16	0:01	66	4:32
00 2	3.25	16:06	4:57	9	3:12	62	4:54	6.50	30:51	4:44	16		66	9:26
000 00	3.25	17:03	5:14	14	4:13	83	6:04	9.75	47:54	4:54	9	10:24	68	25:08