



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Peter, Rainer

00: Heringen

00: 294

00: 9.75 km

10 km Lauf

0000:

Männer M45

000: 48:31

00: 12.06 km/h

0000: 4:59 min/km

00000/000: 78 (of 150)

00000/0: 74 (of 128)

000000: 32:24

00000: 12(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	14:44	4:31	8	2:58	60	4:31	3.25	14:44	4:31	1	-	74	4:31
00 2	3.25	17:02	5:14	15	4:08	79	5:50	6.50	31:46	4:53	1	-	74	10:21
000 00	3.25	16:45	5:09	11	3:55	73	5:46	9.75	48:31	4:58	12	11:01	76	25:45