



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Kuhn, Werner

00: Neustadt

00: 291

00: 9.75 km

10 km Lauf

0000:

Männer M45

000: 50:43

00: 10.65 km/h

0000: 5:12 min/km

00000/000: 89 (of 150)

00000/0: 85 (of 128)

000000: 32:24

00000: 16(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	16:27	5:03	16	4:41	92	6:14	3.25	16:27	5:03	2	1:43	85	6:14
00 2	3.25	16:59	5:13	14	4:05	78	5:47	6.50	33:26	5:08	9	1:40	85	12:01
000 00	3.25	17:17	5:19	16	4:27	90	6:18	9.75	50:43	5:12	16	13:13	88	27:57