



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Weigert, Dirk

00: Wolfsburg

00: 136

00: 9.75 km

10 km Lauf

0000:

Männer M30

000: 51:39

00: 10.45 km/h

0000: 5:18 min/km

00000/000: 98 (of 150)

00000/0: 92 (of 128)

000000: 32:24

00000: 15(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	15:02	4:37	12	3:20	69	4:49	3.25	15:02	4:37	5		91	4:49
00 2	3.25	18:02	5:32	17	5:19	100	6:50	6.50	33:04	5:05	5	2:08	91	11:39
000 00	3.25	18:35	5:43	16	6:08	104	7:36	9.75	51:39	5:17	16	14:08	94	28:53