



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Heiderich, Ronald

000: 55:39

00: Bosch Eisenach

00: 9.70 km/h

00: 540

0000: 5:43 min/km

00: 9.75 km

00000/000: 156 (of 224)

10 km Lauf

00000/0: 131 (of 166)

000000: 33:28

0000:

00000: 29(of 38)

Männer M45

0000000: 38:56

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	18:09	5:35	28	5:32	125	7:01	3.25	18:09	5:35	9	0:24	129	7:01
00 2	3.25	18:53	5:48	28	5:50	134	7:35	6.50	37:02	5:41	9		129	14:36
000 00	3.25	18:37	5:43	27	5:36	131	7:35	9.75	55:39	5:42	29	16:43	131	22:11