



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

## Wartbichler, Manuel

00: Heringen

00: 193

00: 9.75 km

10 km Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 43:04

00: 13.58 km/h

0000: 4:25 min/km

00000/000: 17 (of 181)

00000/0: 16 (of 122)

000000: 34:17

00000: 4(of 16)

0000000: 39:21

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	14:34	4:28	5	1:46	28	3:09	3.25	14:34	4:28	5	1:46	28	3:09
00 2	3.25	14:29	4:27	4	1:08	16	3:00	6.50	29:03	4:28	4	2:54	22	6:09
000 00	3.25	14:01	4:18	2	0:49	11	2:38	9.75	43:04	4:25	4	3:43	16	8:47