



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Pfeiler, Frank

00: Dirty Landeckers

00: 142

00: 9.75 km

10 km Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 46:14

00: 11.68 km/h

0000: 4:44 min/km

00000/000: 30 (of 181)

00000/0: 28 (of 122)

000000: 34:17

00000: 7(of 15)

0000000: 34:17

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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	15:10	4:39	8	3:45	36	3:45	3.25	15:10	4:39	8	3:45	36	3:45
00 2	3.25	15:32	4:46	7	4:03	31	4:03	6.50	30:42	4:43	8	7:48	32	7:48
000 00	3.25	15:32	4:46	7	4:09	30	4:09	9.75	46:14	4:44	7	11:57	28	11:57