



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Jost, Holger

00: Egelsbach

00: 77

00: 9.75 km

10 km Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 50:00

00: 10.80 km/h

0000: 5:08 min/km

00000/000: 60 (of 181)

00000/0: 52 (of 122)

000000: 34:17

00000: 7(of 17)

0000000: 43:09

0000

0000

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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	16:26	5:03	9	2:33	56	5:01	3.25	16:26	5:03	9	2:33	56	5:01
00 2	3.25	16:27	5:03	4	1:42	41	4:58	6.50	32:53	5:03	8	4:15	51	9:59
000 00	3.25	17:07	5:15	8	2:36	56	5:44	9.75	50:00	5:07	7	6:51	52	15:43