



# 11. Kristall-Marathon

Merkers / 12.02.2017

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HECKER, Christoph

00: NonStopUltra Brakel

00: 448

00: 9.75 km

10 km Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 47:24

00: 11.39 km/h

0000: 4:52 min/km

00000/000: 24 (of 166)

00000/0: 21 (of 94)

000000: 36:01

00000: 4(of 11)

0000000: 40:20

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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	16:24	5:02	5	3:41	38	4:33	3.25	16:24	5:02	5	3:41	38	4:33
00 2	3.25	16:08	4:57	4	2:24	21	3:59	6.50	32:32	5:00	4	5:57	26	8:17
000 00	3.25	14:52	4:34	4	1:07	14	3:06	9.75	47:24	4:51	4	7:04	21	11:23