



12. Kristall-Marathon

Merkers / 18.02.2018

0000

FICKERT, Manfred

00: BSG Lülsdorf e.V.

00: 39

00: 9.75 km

10 km Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 1:16:06

00: 7.10 km/h

0000: 7:49 min/km

00000/000: 203 (of 215)

00000/0: 126 (of 134)

000000: 36:45

00000: 11(of 11)

0000000: 41:16

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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	23:21	7:11	11	10:25	127	11:49	3.25	23:21	7:11	11	10:25	127	11:49
00 2	3.25	24:47	7:37	11	10:43	124	12:12	6.50	48:08	7:24	11	21:08	125	23:53
000 00	3.25	27:58	8:36	11	13:54	127	15:29	9.75	1:16:06	7:48	11	34:50	126	39:21