



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Güntzel, Christoph

00: Lok Themar

00: 82

00: 9.75 km

10 km Lauf

0000:

Männer (20-29 Jahre)

000: 53:38

00: 10.07 km/h

0000: 5:30 min/km

00000/000: 93 (of 246)

00000/0: 69 (of 148)

000000: 33:48

00000: 7(of 12)

0000000: 35:19

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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	16:37	5:06	7	5:03	61	6:06	3.25	16:37	5:06	7	5:03	61	6:06
00 2	3.25	18:45	5:46	7	6:39	80	7:14	6.50	35:22	5:26	7	11:42	68	13:20
000 00	3.25	18:16	5:37	8	6:37	74	6:37	9.75	53:38	5:30	7	18:19	69	19:50