



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Müller, Bernhard

00: Skiclub Flieden

00: 159

00: 9.75 km

10 km Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 48:14

00: 11.20 km/h

0000: 4:57 min/km

00000/000: 33 (of 220)

00000/0: 30 (of 126)

000000: 35:30

00000: 3(of 15)

0000000: 41:13

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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	15:30	4:46	3	2:28	33	4:17	3.25	15:30	4:46	3	2:28	33	4:17
00 2	3.25	16:19	5:01	3	2:19	31	16:18	6.50	31:49	4:53	3	4:47	33	14:28
000 00	3.25	16:25	5:03	3	2:14	27	4:13	9.75	48:14	4:56	3	7:01	30	12:44