



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Arnold, Lutz**

00: SV Lerchenberg

00: 4

00: 9.75 km

10 km Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 51:49

00: 11.29 km/h

0000: 5:19 min/km

00000/000: 56 (of 220)

00000/0: 47 (of 126)

000000: 35:30

00000: 6(of 18)

0000000: 39:29

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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	18:17	5:37	9	5:55	77	7:04	3.25	18:17	5:37	9	5:55	77	7:04
00 2	3.25	17:17	5:19	6	3:59	47	17:16	6.50	35:34	5:28	6	9:54	59	18:13
000 00	3.25	16:15	5:00	5	2:27	26	4:03	9.75	51:49	5:18	6	12:20	47	16:19