



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Güntzel, Christoph

00: Lok Themar

00: 72

00: 9.75 km

10 km Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 52:46

00: 10.23 km/h

0000: 5:25 min/km

00000/000: 68 (of 220)

00000/0: 55 (of 126)

000000: 35:30

00000: 5(of 10)

0000000: 42:19

0000

0000

000

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	16:32	5:05	4	3:43	47	5:19	3.25	16:32	5:05	4	3:43	47	5:19
00 2	3.25	17:58	5:31	5	3:48	58	17:57	6.50	34:30	5:18	5	7:20	51	17:09
000 00	3.25	18:16	5:37	7	4:32	59	6:04	9.75	52:46	5:24	5	10:27	55	17:16