



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Heinlein, Heiko

00: Saalfeld

00: 85

00: 9.75 km

10 km Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 54:49

00: 10.67 km/h

0000: 5:37 min/km

00000/000: 89 (of 220)

00000/0: 67 (of 126)

000000: 35:30

00000: 9(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	17:02	5:14	6	4:00	53	5:49	3.25	17:02	5:14	6	4:00	53	5:49
00 2	3.25	18:49	5:47	10	4:49	71	18:48	6.50	35:51	5:30	8	8:49	62	18:30
000 00	3.25	18:58	5:50	10	4:47	68	6:46	9.75	54:49	5:37	9	13:36	67	19:19