



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Littwin, Rüdiger**

Club: Lippehasen Dorsten / 100 Marathon Club  
Number: 579

Course: 42.25 km  
Marathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 5:14:57

Speed: 8.00 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 118 (of 119)

Rank in course/Men: 105 (of 107)

Best time in course: 2:53:03

Rank in category: 5(of 6)

Best time in the category: 3:54:42

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	21:09	6:30	5	4:24	105	9:20	3.25	21:09	6:30	5	4:24	105	9:20
Lap 2	3.25	21:47	6:42	4	4:50	104	9:07	6.50	42:56	6:36	5	9:14	105	18:27
Lap 3	3.25	21:48	6:42	5	4:16	105	9:17	9.75	1:04:44	6:38	4	13:30	104	27:31
Lap 4	3.25	21:59	6:45	4	4:19	103	9:20	13.00	1:26:43	6:40	4	17:49	104	36:43
Lap 5	3.25	22:35	6:56	5	5:05	104	9:38	16.25	1:49:18	6:43	4	22:54	104	46:21
Lap 6	3.25	22:43	6:59	5	5:00	103	9:37	19.50	2:12:01	6:46	4	27:54	104	55:52
Lap 7	3.25	23:17	7:09	5	5:27	105	10:13	22.75	2:35:18	6:49	4	33:21	104	1:05:52
Lap 8	3.25	24:35	7:33	5	6:28	105	11:30	26.00	2:59:53	6:55	4	39:49	104	1:17:22
Lap 9	3.25	25:17	7:46	5	6:16	104	11:42	29.25	3:25:10	7:00	4	46:05	104	1:29:04
Lap 10	3.25	26:20	8:06	6	7:58	106	12:13	32.50	3:51:30	7:07	6	54:03	106	1:41:17
Lap 11	3.25	27:28	8:27	5	8:52	105	13:31	35.75	4:18:58	7:14	6	1:02:55	106	1:54:48
Lap 12	3.25	28:23	8:43	4	9:04	105	14:21	39.00	4:47:21	7:22	6	1:11:59	106	2:09:09
Last lap Finish	3.25	27:36	8:29	5	8:16	104	12:45	42.25	5:14:57	7:27	5	1:20:15	105	2:21:54