



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Littwin, Rüdiger

□□: LT Lippehasen

□□: 150

□□: 42.25 km

Marathon

□□□□:

Männer M55

□□□: 5:13:33

□□: 8.04 km/h

□□□□: 7:25 min/km

□□□□□/□□□□: 154 (of 164)

□□□□□/□: 128 (of 136)

□□□□□□: 2:51:03

□□□□□: 6(of 8)

□□□□□□□: 3:49:34

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:43	6:40	7	6:03	134	9:03	3.25	21:43	6:40	7	5:27	134	1:33	
□□ 2	3.25	21:52	6:43	7	6:00	133	9:08	6.50	43:35	6:42	7	10:35	134	2:10	
□□ 3	3.25	21:31	6:37	7	5:19	129	8:44	9.75	1:05:06	6:40	8	15:03	135	1:33	
□□ 4	3.25	21:27	6:35	7	5:09	124	8:31	13.00	1:26:33	6:39	8	19:29	134	30:08	
□□ 5	3.25	21:54	6:44	7	5:30	128	9:04	16.25	1:48:27	6:40	8	24:07	134	37:36	
□□ 6	3.25	22:24	6:53	7	5:49	127	9:16	19.50	2:10:51	6:42	8	28:50	134	44:44	
□□ 7	3.25	23:16	7:09	8	5:49	130	10:21	22.75	2:34:07	6:46	8	33:52	132	45:02	
□□ 8	3.25	24:18	7:28	8	6:34	133	11:06	26.00	2:58:25	6:51	7	38:58	131	52:19	
□□ 9	3.25	25:40	7:53	7	7:48	133	12:16	29.25	3:24:05	6:58	8	45:02	131	58:05	
□□ 10	3.25	26:38	8:11	7	8:24	131	13:03	32.50	3:50:43	7:05	8	51:13	130	1:40:02	
□□ 11	3.25	27:00	8:18	6	8:12	131	13:51	35.75	4:17:43	7:12	7	1:05:38	129	1:53:53	
□□ 12	3.25	28:40	8:49	7	10:40	133	14:59	39.00	4:46:23	7:20	7	1:15:35	129	2:08:52	
□□□ □□	3.25	27:10	8:21	8	9:43	135	13:38	42.25	5:13:33	7:25	7	1:47:14	134	3:47:20	