



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Littwin, Rüdiger

00: LT Lippehasen

00: 150

00: 42.25 km

Marathon

0000:

Männer M55

000: 5:13:33

00: 8.08 km/h

0000: 7:25 min/km

00000/000: 154 (of 164)

00000/0: 128 (of 136)

000000: 2:51:03

00000: 6(of 8)

0000000: 3:49:34

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	21:43	6:40	7	6:03	134	9:03	3.25	21:43	6:40	7	5:27	134	1:33
00 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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
000 00	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