



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Littwin, Rüdiger

00: LT Lippehasen

00: 79

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:39:20

00: 9.02 km/h

0000: 6:37 min/km

00000/0000: 97 (of 114)

00000/0: 89 (of 100)

000000: 2:50:01

00000: 4(of 6)

0000000: 4:10:16

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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	21:31	6:37	5	6:27	98	9:31	3.25	21:31	6:37	4	6:27	29	3:24
00 2	3.25	22:14	6:50	5	5:53	95	9:32	6.50	43:45	6:43	4	12:20	29	6:46
00 3	3.25	22:01	6:46	5	4:49	95	9:22	9.75	1:05:46	6:44	4	17:09	29	9:54
00 4	3.25	22:03	6:47	5	4:18	95	9:26	13.00	1:27:49	6:45	4	21:27	29	12:32
00 5	3.25	22:17	6:51	5	4:16	95	9:36	16.25	1:50:06	6:46	4	25:43	29	15:46
00 6	3.25	22:37	6:57	4	4:17	94	9:42	19.50	2:12:43	6:48	4	30:00	29	18:57
00 7	3.25	23:48	7:19	5	4:42	98	10:47	22.75	2:36:31	6:52	4	34:42	37	23:33
00 8	3.25	19:56	6:08	2	0:21	69	6:41	26.00	2:56:27	6:47	4	35:03	37	24:59
00 9	3.25	19:27	5:59	1	-	55	6:03	29.25	3:15:54	6:41	4	34:15	37	25:18
00 10	3.25	19:54	6:07	1	-	55	6:21	32.50	3:35:48	6:38	4	33:07	37	25:21
00 11	3.25	20:15	6:13	1	-	51	6:43	35.75	3:56:03	6:36	4	31:28	37	25:39
00 12	3.25	21:12	6:31	2	1:03	58	7:15	39.00	4:17:15	6:35	4	30:08	37	26:19
000 00	3.25	22:05	6:47	3	1:50	69	8:20	42.25	4:39:20	6:36	4	29:04	89	1:49:19