



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Littfin, Reinhold

00: LT Lippehasen

00: 78

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 5:26:59

00: 7.71 km/h

0000: 7:44 min/km

00000/000: 110 (of 114)

00000/0: 97 (of 100)

000000: 2:50:01

00000: 6(of 6)

0000000: 4:10:16

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	21:31	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	23:49	7:19	6	4:43	99	10:48	22.75	2:36:32	6:52	6	34:43	29	23:34
00 8	3.25	25:05	7:43	6	5:30	96	11:50	26.00	3:01:37	6:59	6	40:13	29	30:09
00 9	3.25	25:43	7:54	6	6:16	96	12:19	29.25	3:27:20	7:05	6	45:41	29	36:44
00 10	3.25	26:57	8:17	6	7:03	96	13:24	32.50	3:54:17	7:12	6	51:36	29	43:50
00 11	3.25	29:01	8:55	6	8:46	97	15:29	35.75	4:23:18	7:21	6	58:43	29	52:54
00 12	3.25	36:19	11:10	6	16:10	99	22:22	39.00	4:59:37	7:40	6	1:12:30	29	1:08:41
000 00	3.25	27:22	8:25	5	7:07	95	13:37	42.25	5:26:59	7:44	6	1:16:43	97	2:36:58