



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Littfin, Reinhold

00: Lippehasen Dorsten

00: 577

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 5:14:57

00: 8.00 km/h

0000: 7:27 min/km

00000/000: 117 (of 119)

00000/0: 105 (of 107)

000000: 2:53:03

00000: 5(of 6)

0000000: 3:54:42

0000

0000

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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	21:08	6:30	4	4:23	104	9:19	3.25	21:08	6:30	4	4:23	104	9:19
00 2	3.25	21:47	6:42	4	4:50	104	9:07	6.50	42:55	6:36	4	9:13	104	18:26
00 3	3.25	21:49	6:42	6	4:17	106	9:18	9.75	1:04:44	6:38	4	13:30	104	27:31
00 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
00 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
00 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
00 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
00 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
00 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
00 10	3.25	26:19	8:05	5	7:57	105	12:12	32.50	3:51:29	7:07	5	54:02	105	1:41:16
00 11	3.25	27:28	8:27	5	8:52	105	13:31	35.75	4:18:57	7:14	5	1:02:54	105	1:54:47
00 12	3.25	28:23	8:43	4	9:04	105	14:21	39.00	4:47:20	7:22	5	1:11:58	105	2:09:08
000 00	3.25	27:37	8:29	6	8:17	105	12:46	42.25	5:14:57	7:27	5	1:20:15	105	2:21:54