



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Littwin, Rüdiger

□□: Lippehasen Dorsten / 100 Marathon Club

□□: 579

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:14:57

□□: 8.05 km/h

□□□□: 7:27 min/km

□□□□□/□□□: 118 (of 119)

□□□□□/□: 105 (of 107)

□□□□□□: 2:53:03

□□□□□: 5(of 6)

□□□□□□□: 3:54:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 21:09 | 6:30 | 5 | 4:24 | 105 | 9:20 | 3.25 | 21:09 | 6:30 | 5 | 4:24 | 105 | 9:20 | |
| □□ 2 | 3.25 | 21:47 | 6:42 | 4 | 4:50 | 104 | 9:07 | 6.50 | 42:56 | 6:36 | 5 | 9:14 | 105 | 18:27 | |
| □□ 3 | 3.25 | 21:48 | 6:42 | 5 | 4:16 | 105 | 9:17 | 9.75 | 1:04:44 | 6:38 | 4 | 13:30 | 104 | 27:31 | |
| □□ 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 | |
| □□ 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 | |
| □□ 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 | |
| □□ 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 | |
| □□ 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 | |
| □□ 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 | |
| □□ 10 | 3.25 | 26:20 | 8:06 | 6 | 7:58 | 106 | 12:13 | 32.50 | 3:51:30 | 7:07 | 6 | 54:03 | 106 | 1:41:17 | |
| □□ 11 | 3.25 | 27:28 | 8:27 | 5 | 8:52 | 105 | 13:31 | 35.75 | 4:18:58 | 7:14 | 6 | 1:02:55 | 106 | 1:54:48 | |
| □□ 12 | 3.25 | 28:23 | 8:43 | 4 | 9:04 | 105 | 14:21 | 39.00 | 4:47:21 | 7:22 | 6 | 1:11:59 | 106 | 2:09:09 | |
| □□□ □□ | 3.25 | 27:36 | 8:29 | 5 | 8:16 | 104 | 12:45 | 42.25 | 5:14:57 | 7:27 | 5 | 1:20:15 | 105 | 2:21:54 | |