



10. Kristall-Marathon

Merkers / 14.02.2016

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Littwin, Rüdiger

□□: Lippehasen Dorsten / 100 Marathon Club

□□: 579

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:14:57

□□: 8.00 km/h

□□□□: 7:27 min/km

□□□□□/□□□: 118 (of 119)

□□□□□/□: 105 (of 107)

□□□□□□: 2:53:03

□□□□□: 5(of 6)

□□□□□□□: 3:54:42

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□□□□

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□□□	□□ 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	