



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers
Merkers / 22.02.2009

Detailed evaluation

Thomas, Frank

Club: SV Cursdorf-Meuselbach
Number: 277

Course: 9.45 km
10 km Lauf

Category:
Männer M45

Total time: 40:35

Speed: 13.31 km/h
Running performance: 4:17 min/km

Rank in course/Total: 10 (of 108)

Rank in course/Men: 10 (of 90)

Best time in course: 34:24

Rank in category: 3(of 20)

Best time in the category: 36:56