



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers
Merkers / 22.02.2009

Detailed evaluation

Rübsam, Klaus-Dieter

Club: Ausdauerarena Immelborn
Number: 240

Course: 9.45 km
10 km Lauf

Category:
Männer M50

Total time: 1:00:49

Speed: 8.88 km/h
Running performance: 6:26 min/km

Rank in course/Total: 100 (of 108)

Rank in course/Men: 87 (of 90)

Best time in course: 34:24

Rank in category: 9(of 9)

Best time in the category: 36:57