



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Eßling, Andreas

Club: Friedewald

Number: 215

Course: 9.45 km

10 km Lauf

Category:

Männer M40

Total time: 1:05:08

Speed: 8.29 km/h

Running performance: 6:53 min/km

Rank in course/Total: 104 (of 108)

Rank in course/Men: 90 (of 90)

Best time in course: 34:24

Rank in category: 6(of 6)

Best time in the category: 43:43