



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Apelt, Robby

Club: Triathlon Barchfeld  
Number: 173

Course: 9.45 km  
10 km Lauf

Category:  
Männer M45

Total time: 40:37

Speed: 13.30 km/h  
Running performance: 4:18 min/km

Rank in course/Total: 11 (of 108)

Rank in course/Men: 11 (of 90)

Best time in course: 34:24

Rank in category: 4(of 20)

Best time in the category: 36:56