



## 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

### Detailed evaluation

**Stiefken, Volker**

Club: Schi-Club Wermelskirchen

Number: 219

Course: 9.45 km

10 km Lauf

Category:

Männer M40

Total time: 44:08

Speed: 12.24 km/h

Running performance: 4:40 min/km

Rank in course/Total: 28 (of 108)

Rank in course/Men: 28 (of 90)

Best time in course: 34:24

Rank in category: 2(of 6)

Best time in the category: 43:43