



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Dreher, Ulf

Club: VfL Philippsthal

Number: 213

Course: 9.45 km

10 km Lauf

Category:

Männer M40

Total time: 44:09

Speed: 12.23 km/h

Running performance: 4:40 min/km

Rank in course/Total: 29 (of 108)

Rank in course/Men: 29 (of 90)

Best time in course: 34:24

Rank in category: 3(of 6)

Best time in the category: 43:43