



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Grummich, Mike

Club: TSV Breuna  
Number: 202

Course: 9.45 km  
10 km Lauf

Category:  
Männer M35

Total time: 44:53

Speed: 12.03 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 36 (of 108)

Rank in course/Men: 36 (of 90)

Best time in course: 34:24

Rank in category: 6(of 14)

Best time in the category: 41:11