



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers
Merkers / 22.02.2009

Detailed evaluation

Sandrock, Uwe

Club: TV 03 Heringen

Number: 241

Course: 9.45 km

10 km Lauf

Category:

Männer M50

Total time: 46:14

Speed: 11.68 km/h

Running performance: 4:53 min/km

Rank in course/Total: 45 (of 108)

Rank in course/Men: 45 (of 90)

Best time in course: 34:24

Rank in category: 5(of 9)

Best time in the category: 36:57