



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Rolf, Marco

Club: Leimbach

Number: 191

Course: 9.45 km

10 km Lauf

Category:

Männer M20

Total time: 46:43

Speed: 11.56 km/h

Running performance: 4:56 min/km

Rank in course/Total: 50 (of 108)

Rank in course/Men: 50 (of 90)

Best time in course: 34:24

Rank in category: 11(of 14)

Best time in the category: 34:24