



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers
Merkers / 22.02.2009

Detailed evaluation

Steffens, Sebastian

Club: Merkers
Number: 197

Course: 9.45 km
10 km Lauf

Category:
Männer M30

Total time: 47:31

Speed: 11.36 km/h
Running performance: 5:02 min/km

Rank in course/Total: 53 (of 108)

Rank in course/Men: 53 (of 90)

Best time in course: 34:24

Rank in category: 7(of 9)

Best time in the category: 39:28