



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Trojan, Frank

Club: Wermelskirchen

Number: 231

Course: 9.45 km

10 km Lauf

Category:

Männer M45

Total time: 48:17

Speed: 11.18 km/h

Running performance: 5:07 min/km

Rank in course/Total: 54 (of 108)

Rank in course/Men: 54 (of 90)

Best time in course: 34:24

Rank in category: 11(of 20)

Best time in the category: 36:56