



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Frank, Torsten

Club: Goethegymnasium Weimar  
Number: 224

Course: 9.45 km  
10 km Lauf

Category:  
Männer M45

Total time: 48:18

Speed: 11.18 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 55 (of 108)

Rank in course/Men: 55 (of 90)

Best time in course: 34:24

Rank in category: 12(of 20)

Best time in the category: 36:56