



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Schmalenstroer, Martin

Club: Rhoda-Wiedenbrück

Number: 274

Course: 9.45 km

10 km Lauf

Category:

Männer M45

Total time: 50:50

Speed: 10.62 km/h

Running performance: 5:23 min/km

Rank in course/Total: 71 (of 108)

Rank in course/Men: 67 (of 90)

Best time in course: 34:24

Rank in category: 14(of 20)

Best time in the category: 36:56