



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Heiderich, Ronald

Club: Bosch Eisenach  
Number: 182

Course: 9.45 km  
10 km Lauf

Category:  
Männer M45

Total time: 51:22

Speed: 10.51 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 72 (of 108)

Rank in course/Men: 68 (of 90)

Best time in course: 34:24

Rank in category: 15(of 20)

Best time in the category: 36:56