



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers Merkers / 22.02.2009

Detailed evaluation

Dudek, Hanjo

Club: Triathlon Gera e.V.
Number: 214

Course: 9.45 km
10 km Lauf

Category:
Männer M40

Total time: 55:59

Speed: 9.65 km/h
Running performance: 5:55 min/km

Rank in course/Total: 87 (of 108)

Rank in course/Men: 80 (of 90)

Best time in course: 34:24

Rank in category: 4(of 6)

Best time in the category: 43:43