



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers  
Merkers / 22.02.2009

Detailed evaluation

Fritsch, Manfred

Club: LGV Marathon Giessen  
Number: 244

Course: 9.45 km  
10 km Lauf

Category:  
Männer M55

Total time: 59:10

Speed: 9.13 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 95 (of 108)

Rank in course/Men: 86 (of 90)

Best time in course: 34:24

Rank in category: 8(of 8)

Best time in the category: 36:52