



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

## Detailed evaluation

Trtschka, Frank

Club: [www.ultrarunning.de](http://www.ultrarunning.de)  
Number: 387

Course: 42.20 km  
Marathon

Category:  
Männer M30

Total time: 3:40:15

Speed: 11.50 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 11 (of 305)

Rank in course/Men: 11 (of 279)

Best time in course: 3:13:29

Rank in category: 2(of 29)

Best time in the category: 3:37:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
1. Runde	10.55	46:27	4:24	1	-	7	3:27	10.55	46:27	4:24	29			17	
2. Runde	10.55	51:16	4:51	1	-	7	4:58	21.10	1:37:43	4:37	29			17	
3. Runde	10.55	55:21	5:14	2	0:43	11	6:23	31.65	2:33:04	4:50	27			13	3:00
Finish	10.55	1:07:11	6:22	5	10:27	49	1:06:39	42.20	3:40:15	5:13	2	3:13		18	2:10:32