



8. Unter-Tage-Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Prangenberg, Frank

Club: Rheinhöhenlauf
 Number: 271

Course: 42.20 km
 Marathon

Category:
 Männer M35

Total time: 4:21:30

Speed: 9.64 km/h
 Running performance: 6:12 min/km

Rank in course/Total: 76 (of 292)

Rank in course/Men: 74 (of 267)

Best time in course: 3:13:29

Rank in category: 15(of 50)

Best time in the category: 3:22:06

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
Lap 1	12.50	1:13:16	5:51	21	16:26	100	19:24	12.50	1:13:16	5:51	39		72	5:01
Lap 2	10.55	1:02:59	5:58	15	13:41	74	15:13	23.05	2:16:15	5:54	39		77	4:37
Lap 3	10.55	1:08:59	6:32	14	15:35	78	20:40	33.60	3:25:14	6:06	38		68	52:17
Last lap Finish	8.60	56:16	6:32	20	14:40	99	19:36	42.20	4:21:30	6:11	16	59:24	89	3:18:13