



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Trtschka, Frank

Club: Ultrasportler.de
Number: 388

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 3:33:12

Speed: 11.82 km/h
Running performance: 5:03 min/km

Rank in course/Total: 8 (of 292)

Rank in course/Men: 8 (of 267)

Best time in course: 3:13:29

Rank in category: 1(of 24)

Best time in the category: 3:33:12

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 | 58:39 | 4:41 | 2 | 0:06 | 11 | 4:47 | 12.50 | 58:39 | 4:41 | 22 | | | 258 | |
| Lap 2 | 10.55 | 51:21 | 4:52 | 1 | - | 5 | 3:35 | 23.05 | 1:50:00 | 4:46 | 24 | | | 13 | |
| Lap 3 | 10.55 | 56:09 | 5:19 | 1 | - | 8 | 7:50 | 33.60 | 2:46:09 | 4:56 | 11 | | | 8 | 13:12 |
| Last lap Finish | 8.60 | 47:03 | 5:28 | 2 | 1:54 | 21 | 10:23 | 42.20 | 3:33:12 | 5:03 | 2 | 28:41 | | 15 | 2:29:55 |