



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		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.							
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