



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**TSCHAPKA, Frank**

Club: Uniblutbank Magdeburg  
Number: 380

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:32:27

Speed: 9.25 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 117 (of 289)

Rank in course/Men: 113 (of 261)

Best time in course: 3:20:36

Rank in category: 22(of 55)

Best time in the category: 3:28:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.27	31:00	5:52	26	7:47	115	8:38	5.27	31:00	5:52	52		123	
Lap 2	5.27	31:29	5:58	28	6:59	132	8:03	10.54	1:02:29	5:55	2		93	
Lap 3	5.27	31:20	5:56	27	6:43	120	7:42	15.81	1:33:49	5:56	50	3:37	118	
Lap 4	5.27	32:16	6:07	24	7:15	114	7:38	21.08	2:06:05	5:58	51		238	
Lap 5	5.27	32:26	6:09	18	6:08	88	7:07	26.35	2:38:31	6:00	48		111	35:42
Lap 6	5.27	35:17	6:41	23	7:42	112	9:26	31.62	3:13:48	6:07	48		98	45:02
Lap 7	5.27	38:30	7:18	27	9:59	122	12:23	36.89	3:52:18	6:17	46		107	57:25
Last lap Finish	5.27	40:09	7:37	31	12:31	139	14:26	42.16	4:32:27	6:27	24	2:55:14	123	4:05:40