



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**TRTSCHKA, Frank**

Club: Ultrasportler.de  
Number: 379

Course: 31.62 km  
3/4 Marathon

Category:  
Männer M30

Total time: 2:43:44

Speed: 11.36 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 2 (of 23)

Rank in course/Men: 2 (of 21)

Best time in course: 2:26:37

Rank in category: 1(of 3)

Best time in the category: 2:43:44

### 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	5.27	23:07	4:23	1	-	2	1:29	5.27	23:07	4:23	1	-	21		
Lap 2	5.27	24:02	4:33	1	-	2	1:37	10.54	47:09	4:28	1	-	1	-	
Lap 3	5.27	24:46	4:41	1	-	2	1:26	15.81	1:11:55	4:32	1	-	20		
Lap 4	5.27	26:29	5:01	1	-	2	1:58	21.08	1:38:24	4:40	1	-	20		
Lap 5	5.27	29:25	5:34	1	-	3	4:24	26.35	2:07:49	4:51	1	-	18		
Last lap Finish	5.27	35:55	6:48	1	-	4	6:13	31.62	2:43:44	5:10	1	-	2	17:07	