



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

## Detailed evaluation

**Dittrich, Tomas**

Club: Klub harmonickeho zivota  
Number: 62

Course: 42.20 km  
Marathon

Category:  
Männer M40

Total time: 4:47:26

Speed: 8.77 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 167 (of 292)

Rank in course/Men: 156 (of 267)

Best time in course: 3:13:29

Rank in category: 40(of 64)

Best time in the category: 3:25:37

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Pos<br>Cat. | Behind<br>Cat. | Total ranking   |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-------------|----------------|-----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time |             |                | Total<br>min/km | Pos<br>Men | Behind<br>Men |
| Lap 1           | 12.50       | 1:13:25       | 5:52            | 25          | 18:43          | 103         | 19:33         | 12.50       | 1:13:25       | 5:52        | 12             |                 | 154        | 5:10          |
| Lap 2           | 10.55       | 1:08:04       | 6:27            | 35          | 18:28          | 141         | 20:18         | 23.05       | 2:21:29       | 6:08        | 12             |                 | 160        | 9:51          |
| Lap 3           | 10.55       | 1:21:40       | 7:44            | 48          | 25:50          | 189         | 33:21         | 33.60       | 3:43:09       | 6:38        | 12             |                 | 149        | 1:10:12       |
| Last lap Finish | 8.60        | 1:04:17       | 7:28            | 40          | 23:38          | 173         | 27:37         | 42.20       | 4:47:26       | 6:48        | 44             | 3:44:09         | 172        | 3:44:09       |