



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**DITTRICH, Tomáš**

Club: Klub harmonického života  
Number: 51

Course: 42.16 km  
Marathon

Category:  
Männer M40

Total time: 4:50:22

Speed: 8.68 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 170 (of 289)

Rank in course/Men: 160 (of 261)

Best time in course: 3:20:36

Rank in category: 38(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	30:15	5:44	18	7:02	99	7:53	5.27	30:15	5:44	13		170	
Lap 2	5.27	29:54	5:40	18	5:24	89	6:28	10.54	1:00:09	5:42	43		200	
Lap 3	5.27	31:04	5:53	22	6:27	108	7:26	15.81	1:31:13	5:46	12	1:01	165	
Lap 4	5.27	32:41	6:12	28	7:40	125	8:03	21.08	2:03:54	5:52	10		131	
Lap 5	5.27	39:27	7:29	48	13:09	213	14:08	26.35	2:43:21	6:11	13		157	40:32
Lap 6	5.27	44:50	8:30	49	17:15	227	18:59	31.62	3:28:11	6:35	12	9:00	144	59:25
Lap 7	5.27	43:37	8:16	44	15:06	186	17:30	36.89	4:11:48	6:49	11	1:18	140	1:16:55
Last lap Finish	5.27	38:34	7:19	28	10:56	122	12:51	42.16	4:50:22	6:53	40	3:13:09	171	4:23:35