



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

## Detailed evaluation

**ZLOCHA, Jozef**

Club: AK Baník Prievidza  
Number: 422

Course: 42.16 km  
Marathon

Category:  
Männer M50

Total time: 4:30:09

Speed: 9.36 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 108 (of 289)

Rank in course/Men: 104 (of 261)

Best time in course: 3:20:36

Rank in category: 10(of 32)

Best time in the category: 3:20:36

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	28:52	5:28	6	4:49	73	6:30	5.27	28:52	5:28	21			116
Lap 2	5.27	29:10	5:32	6	4:56	77	5:44	10.54	58:02	5:30	21	9:41		96
Lap 3	5.27	29:40	5:37	6	5:09	74	6:02	15.81	1:27:42	5:32	21			111
Lap 4	5.27	32:11	6:06	7	7:33	109	7:33	21.08	1:59:53	5:41	20			95
Lap 5	5.27	33:17	6:18	9	7:58	101	7:58	26.35	2:33:10	5:48	19			104 30:21
Lap 6	5.27	36:31	6:55	13	10:34	133	10:40	31.62	3:09:41	5:59	24			91 40:55
Lap 7	5.27	39:23	7:28	13	13:16	141	13:16	36.89	3:49:04	6:12	19			100 54:11
Last lap Finish	5.27	41:05	7:47	16	15:22	153	15:22	42.16	4:30:09	6:24	11	3:08:36	114	4:03:22