



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

DITTRICH, Michael

Club: Bad Frankenhausen
Number: 52

Course: 21.08 km
Halbmarathon

Category:
Männer M45

Total time: 2:35:57

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 36 (of 53)

Rank in course/Men: 26 (of 39)

Best time in course: 1:49:45

Rank in category: 2(of 4)

Best time in the category: 2:14:52

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	36:34	6:56	2	5:16	28	10:58	5.27	36:34	6:56	2	5:16	4	
Lap 2	5.27	37:31	7:07	2	6:03	27	11:33	10.54	1:14:05	7:01	2	11:19	5	
Lap 3	5.27	39:05	7:24	2	5:06	26	11:23	15.81	1:53:10	7:09	2	16:25	5	
Last lap Finish	5.27	42:47	8:07	2	4:40	27	13:06	21.08	2:35:57	7:23	2	21:05	26	46:12