



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KAMINSKY, Peter

Club: LG Emsdetten
Number: 158

Course: 42.16 km
Marathon

Category:
Männer M30

Total time: 3:33:03

Speed: 11.83 km/h
Running performance: 5:03 min/km

Rank in course/Total: 8 (of 289)

Rank in course/Men: 8 (of 261)

Best time in course: 3:20:36

Rank in category: 3(of 31)

Best time in the category: 3:22:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	25:50	4:54	10	2:13	26	3:28	5.27	25:50	4:54	30		15	
Lap 2	5.27	25:51	4:54	9	1:18	21	2:25	10.54	51:41	4:54	17		13	
Lap 3	5.27	25:57	4:55	4	1:39	12	2:19	15.81	1:17:38	4:54	30		11	
Lap 4	5.27	26:05	4:56	4	1:26	12	1:27	21.08	1:43:43	4:55	17		9	
Lap 5	5.27	27:07	5:08	4	1:41	13	1:48	26.35	2:10:50	4:57	27		7	8:01
Lap 6	5.27	27:23	5:11	3	1:32	8	1:32	31.62	2:38:13	5:00	17	0:12	8	9:27
Lap 7	5.27	27:59	5:18	3	1:48	5	1:52	36.89	3:06:12	5:02	27		229	11:19
Last lap Finish	5.27	26:51	5:05	2	0:47	5	1:08	42.16	3:33:03	5:03	3	10:20	16	3:06:16