



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 | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|-------|--------|---------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |