



Alteburglauf 2009  
Arnstadt / 30.04.2009

## Detailed evaluation

**Oppenhäuser, Andreas**

Club: Lauffreiweg Arnstadt  
Number: 837

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 45:07

Speed: 13.30 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 39 (of 114)

Rank in course/Men: 35 (of 87)

Best time in course: 35:32

Rank in category: 6(of 15)

Best time in the category: 38:47