



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

OPPENHÄUSER, Andreas

Club: Nordhausen

Number: 254

Course: 42.16 km

Marathon

Category:

Männer M45

Total time: 5:00:33

Speed: 8.42 km/h

Running performance: 7:08 min/km

Rank in course/Total: 197 (of 289)

Rank in course/Men: 184 (of 261)

Best time in course: 3:20:36

Rank in category: 38(of 50)

Best time in the category: 3:39:13

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	31:40	6:00	28	8:17	135	9:18	5.27	31:40	6:00	1	-	193	
Lap 2	5.27	33:02	6:16	32	8:25	166	9:36	10.54	1:04:42	6:08	1	-	141	
Lap 3	5.27	35:58	6:49	39	10:37	204	12:20	15.81	1:40:40	6:22	1	-	188	
Lap 4	5.27	36:23	6:54	38	9:33	196	11:45	21.08	2:17:03	6:30	1	-	151	5:23
Lap 5	5.27	39:32	7:30	43	11:54	214	14:13	26.35	2:56:35	6:42	15		180	53:46
Lap 6	5.27	42:09	7:59	41	13:57	205	16:18	31.62	3:38:44	6:55	1	-	167	1:09:58
Lap 7	5.27	41:40	7:54	35	13:29	169	15:33	36.89	4:20:24	7:03	12		159	1:25:31
Last lap Finish	5.27	40:09	7:37	29	11:46	139	14:26	42.16	5:00:33	7:07	39	3:39:47	195	4:33:46