



10. Unter-Tage Sparkassen Marathon  
Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Oppenhäuser, Andreas

Club: Nordhausen  
Number: 278

Course: 42.16 km  
Marathon

Category:  
Männer M45

Total time: 4:56:04

Speed: 8.51 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 178 (of 311)

Rank in course/Men: 166 (of 279)

Best time in course: 3:02:44

Rank in category: 41(of 62)

Best time in the category: 3:40:26

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.27	32:38	6:11	37	8:28	154	10:55	5.27	32:38	6:11	12	0:05	170	2:05
Runde	5.27	32:54	6:14	36	8:06	148	11:11	10.54	1:05:32	6:13	11		165	22:06
Runde	5.27	34:14	6:29	37	8:33	161	11:59	15.81	1:39:46	6:18	11		165	34:05
Runde	5.27	36:26	6:54	41	9:48	183	13:38	21.08	2:16:12	6:27	11		165	47:43
Runde	5.27	39:04	7:24	45	10:56	191	16:28	26.35	2:55:16	6:39	11		165	1:04:11
Runde	5.27	40:09	7:37	43	11:04	182	17:37	31.62	3:35:25	6:48	11		165	1:21:48
Runde	5.27	39:41	7:31	34	9:55	144	16:29	36.89	4:15:06	6:54	11		164	1:38:17
Runde	5.27	40:58	7:46	40	25:13	155	25:13	42.16	4:56:04	7:01	44	3:58:40	172	4:02:42