



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Oppenhäuser, Andreas

□□: Nordhausen

□□: 278

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:56:04

□□: 8.54 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 178 (of 311)

□□□□□/□: 166 (of 279)

□□□□□□: 3:02:44

□□□□□: 41(of 62)

□□□□□□□: 3:40:26

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| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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 |