



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

BERGGREN, Lars-Göran

Club: Teram Skavsäret
Number: 21

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:02:06

Speed: 8.34 km/h
Running performance: 7:10 min/km

Rank in course/Total: 199 (of 289)

Rank in course/Men: 186 (of 261)

Best time in course: 3:20:36

Rank in category: 20(of 32)

Best time in the category: 3:20:36

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	32:18	6:07	13	8:15	148	9:56	5.27	32:18	6:07	13		196	
Lap 2	5.27	32:00	6:04	11	7:46	144	8:34	10.54	1:04:18	6:06	28	15:57	229	
Lap 3	5.27	33:10	6:17	13	8:39	159	9:32	15.81	1:37:28	6:09	13		191	
Lap 4	5.27	34:11	6:29	16	9:33	157	9:33	21.08	2:11:39	6:14	13		153	
Lap 5	5.27	36:30	6:55	18	11:11	172	11:11	26.35	2:48:09	6:22	11		183	45:20
Lap 6	5.27	40:13	7:37	23	14:16	190	14:22	31.62	3:28:22	6:35	10		170	59:36
Lap 7	5.27	46:38	8:50	26	20:31	217	20:31	36.89	4:15:00	6:54	12	1:22	162	1:20:07
Last lap Finish	5.27	47:06	8:56	23	21:23	213	21:23	42.16	5:02:06	7:09	21	3:40:33	197	4:35:19