



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Berggren, Lars-Göran

Club: Järfälla, Swe

Number: 26

Course: 42.16 km

Marathon

Category:

Männer M50

Total time: 5:25:31

Speed: 7.74 km/h

Running performance: 7:43 min/km

Rank in course/Total: 238 (of 311)

Rank in course/Men: 220 (of 279)

Best time in course: 3:02:44

Rank in category: 36(of 47)

Best time in the category: 3:29:07

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	32:49	6:13	19	7:34	160	11:06	5.27	32:49	6:13	1	-	168	2:16
Runde	5.27	34:57	6:37	31	9:56	193	13:14	10.54	1:07:46	6:25	1	-	221	24:20
Runde	5.27	36:16	6:52	33	10:14	208	14:01	15.81	1:44:02	6:34	1	-	221	38:21
Runde	5.27	38:25	7:17	33	12:29	217	15:37	21.08	2:22:27	6:45	1	-	221	53:58
Runde	5.27	45:54	8:42	43	19:35	265	23:18	26.35	3:08:21	7:08	1	-	221	1:17:16
Runde	5.27	46:26	8:48	43	19:09	250	23:54	31.62	3:54:47	7:25	1	-	221	1:41:10
Runde	5.27	47:36	9:01	39	19:57	232	24:24	36.89	4:42:23	7:39	1	-	220	2:05:34
Runde	5.27	43:08	8:11	27	17:30	173	27:23	42.16	5:25:31	7:43	36	1:56:24	226	4:32:09