



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Berggren, Lars-Göran

Club: Team Skavsåret IF
Number: 29

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:24:43

Speed: 9.52 km/h
Running performance: 6:17 min/km

Rank in course/Total: 70 (of 220)

Rank in course/Men: 67 (of 194)

Best time in course: 3:07:34

Rank in category: 3(of 10)

Best time in the category: 3:25:37

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
Runde	3.47	20:27	5:53	3	4:05	91	5:59	3.47	20:27	5:53	3	4:05	69	
Runde	3.47	19:08	5:30	3	2:37	60	4:32	6.94	39:35	5:42	3	6:42	69	
Runde	3.47	19:17	5:33	2	2:44	58	4:21	10.41	58:52	5:39	3	9:26	65	
Runde	3.47	19:15	5:32	2	2:50	48	4:09	13.88	1:18:07	5:37	2	0:55	55	
Runde	3.47	19:35	5:38	2	3:05	47	4:20	17.35	1:37:42	5:37	3	15:21	68	
Runde	3.47	20:31	5:54	2	3:53	56	5:05	20.82	1:58:13	5:40	3	19:14	60	
Runde	3.47	21:32	6:12	3	4:09	63	6:25	24.29	2:19:45	5:45	3	23:23	56	34:35
Runde	3.47	24:36	7:05	4	7:04	106	8:53	27.76	2:44:21	5:55	3	30:27	65	38:49
Runde	3.47	26:05	7:31	6	7:57	117	9:51	31.23	3:10:26	6:05	2	38:24	51	53:19
Runde	3.47	24:23	7:01	2	6:39	63	7:49	34.70	3:34:49	6:11	3	45:03	58	1:01:05
Runde	3.47	25:34	7:22	2	7:48	72	8:42	38.17	4:00:23	6:17	3	52:51	64	1:09:40
Runde	3.97	24:20	6:07	2	6:15	54	7:29	42.18	4:24:43	6:16	3	59:06	70	3:02:54