



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

Detailed evaluation

Berggren, Lars-Göran

Club: Team Skavsåret IF
Number: 32

Course: 42.18 km
Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 5:32:51

Speed: 7.57 km/h
Running performance: 7:53 min/km

Rank in course/Total: 229 (of 272)

Rank in course/Men: 210 (of 245)

Best time in course: 3:07:01

Rank in category: 14(of 19)

Best time in the category: 3:20:35

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	25:48	7:26	15	10:20	231	12:02	3.47	25:48	7:26	5	4:14	93	3:22
Runde	3.47	23:40	6:49	11	7:52	202	8:59	6.94	49:28	7:07	5	5:29	218	
Runde	3.47	23:45	6:50	10	7:40	187	8:48	10.41	1:13:13	7:01	5	6:43	218	
Runde	3.47	24:13	6:58	9	7:49	193	8:36	13.88	1:37:26	7:01	5		217	2:28
Runde	3.47	25:08	7:14	9	8:22	195	9:33	17.35	2:02:34	7:03	5		216	26:18
Runde	3.47	24:53	7:10	9	7:50	174	9:25	20.82	2:27:27	7:04	5		216	29:47
Runde	3.47	26:30	7:38	11	9:54	186	10:57	24.29	2:53:57	7:09	5		216	33:42
Runde	3.47	28:38	8:15	14	11:34	202	12:30	27.76	3:22:35	7:17	5		216	37:55
Runde	3.47	30:08	8:41	15	12:30	207	14:06	31.23	3:52:43	7:27	5		215	1:33:53
Runde	3.47	33:20	9:36	16	15:53	220	17:14	34.70	4:26:03	7:40	5	4:45	210	1:51:07
Runde	3.47	36:44	10:35	17	19:39	227	20:52	38.17	5:02:47	7:55	5	16:09	210	2:11:59
Runde	3.97	30:04	7:34	14	29:47	179	29:47	42.18	5:32:51	7:53	14	2:12:16	213	4:03:38