



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

0000

BERGGREN, Lars-Göran

00: Teram Skavsäret

00: 21

00: 42.16 km

Marathon

0000:

Männer M50

000: 5:02:06

00: 8.37 km/h

0000: 7:10 min/km

00000/000: 199 (of 289)

00000/0: 186 (of 261)

000000: 3:20:36

00000: 20(of 32)

0000000: 3:20:36

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	5.27	32:18	6:07	13	8:15	148	9:56	5.27	32:18	6:07	13		196	
00 2	5.27	32:00	6:04	11	7:46	144	8:34	10.54	1:04:18	6:06	28	15:57	229	
00 3	5.27	33:10	6:17	13	8:39	159	9:32	15.81	1:37:28	6:09	13		191	
00 4	5.27	34:11	6:29	16	9:33	157	9:33	21.08	2:11:39	6:14	13		153	
00 5	5.27	36:30	6:55	18	11:11	172	11:11	26.35	2:48:09	6:22	11		183	45:20
00 6	5.27	40:13	7:37	23	14:16	190	14:22	31.62	3:28:22	6:35	10		170	59:36
00 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
000 Ziel	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