



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

BERGGREN, Lars-Göran

□□□: 5:02:06

□□: Teram Skavsäret

□□: 8.34 km/h

□□: 21

□□□□: 7:10 min/km

□□: 42.16 km

□□□□□/□□□: 199 (of 289)

Marathon

□□□□□/□: 186 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 20(of 32)

Männer M50

□□□□□□□: 3:20:36

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□□□□

□□□

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