



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Liljegren, Mats

□□: Team Skavsåret IF
 □□: 181

□□: 42.18 km
 Marathon

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 4:27:19

□□: 9.43 km/h
 □□□□: 6:20 min/km

□□□□□/□□□: 78 (of 220)

□□□□□/□: 75 (of 194)

□□□□□□: 3:07:34

□□□□□: 11(of 24)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:29	6:28	19	8:01	150	8:01	3.47	22:29	6:28	14	4:26	77		
Runde	3.47	22:18	6:25	21	7:42	138	7:42	6.94	44:47	6:27	14	7:33	77		
Runde	3.47	21:52	6:18	16	6:56	113	6:56	10.41	1:06:39	6:24	7	9:28	73		
Runde	3.47	21:44	6:15	15	6:25	100	6:38	13.88	1:28:23	6:22	14	10:19	62		
Runde	3.47	21:54	6:18	13	6:36	96	6:39	17.35	1:50:17	6:21	13	10:12	76	4:59	
Runde	3.47	22:04	6:21	11	6:38	87	6:38	20.82	2:12:21	6:21	12	9:04	67	2:48	
Runde	3.47	22:18	6:25	11	7:11	80	7:11	24.29	2:34:39	6:22	14	6:56	64	49:29	
Runde	3.47	22:12	6:23	10	6:29	58	6:29	27.76	2:56:51	6:22	10	4:50	73	51:19	
Runde	3.47	22:41	6:32	7	6:27	50	6:27	31.23	3:19:32	6:23	13	38:48	58	1:02:25	
Runde	3.47	22:27	6:28	6	5:50	32	5:53	34.70	3:41:59	6:23	10		66	1:08:15	
Runde	3.47	22:56	6:36	4	5:57	28	6:04	38.17	4:04:55	6:24	21	40:28	185	1:14:12	
Runde	3.97	22:24	5:38	4	5:33	34	5:33	42.18	4:27:19	6:20	12	1:52:32	78	3:05:30	