



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Berggren, Lars-Göran

□□: Team Skavsåret IF

□□: 32

□□: 42.18 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 5:32:51

□□: 7.60 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 229 (of 272)

□□□□□/□: 210 (of 245)

□□□□□□: 3:07:01

□□□□□: 14(of 19)

□□□□□□□: 3:20:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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