



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

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Hildebrandt, Rolf

11: Erfurt

11: 1591

11: 10.00 km

Vintage VDB Lauf

1111:

Senioren M40 (40-49 Jahre)

111111/1111: DNF (of 637)

111111/11: DNF (of 493)

11111111: 31:35

111111: DNF(of 135)

11111111: 33:35

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| 1111              | 11   | 11     | 11     | 11  | 11   | 11  | 11    | 1111  | 1111  | 1111   | 11  | 11    | 11  | 11    |
|-------------------|------|--------|--------|-----|------|-----|-------|-------|-------|--------|-----|-------|-----|-------|
|                   | km   | 11     | min/km | -   | -    | 11  | 11    | km    | 11    | min/km | -   | -     | 11  | 11    |
| Runde Langstrec   | 2.00 | 10:36  | 5:17   | 75  | 4:08 | 276 | 4:19  | 2.00  | 10:36 | 5:17   | 101 | 4:08  | 185 | 4:19  |
| Runde Langstrec   | 2.00 | 11:07  | 5:33   | 113 | 4:25 | 399 | 4:44  | 4.00  | 21:43 | 5:25   | 127 | 8:33  | 450 | 9:03  |
| Runde Langstrec   | 2.00 | 16:32  | 8:16   | 134 | 9:40 | 488 | 10:04 | 6.00  | 38:15 | 6:22   | 127 | 18:13 | 449 | 19:07 |
| Runde Langstrec   | 2.00 | 9:18   | 4:39   | 40  | 2:32 | 149 | 2:54  | 8.00  | 47:33 | 5:56   | 71  | 20:45 | 249 | 22:01 |
| Leichtathletikhal | 2.00 | fehlt! | -      | -   | -    | -   | -     | 10.00 | -     | -      | -   | -     | -   | -     |