



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Meurer, Ingo

Meurer, Ingo

Die flinken Gerataler/SV Olympia Neustadt

1434

10.00 km

Vintage VDB Lauf

Senioren

Senioren M40 (40-49 Jahre)

52:15

11.48 km/h

5:13 min/km

324 (of 637)

289 (of 493)

31:35

79(of 135)

33:35

Meurer, Ingo

Meurer, Ingo

Meurer, Ingo

| Meurer, Ingo    | km   | min   | min/km | -  | -    | min | min  | km    | min   | min/km | -   | -     | min | min   |
|-----------------|------|-------|--------|----|------|-----|------|-------|-------|--------|-----|-------|-----|-------|
| Runde Langstrec | 2.00 | 10:57 | 5:28   | 84 | 4:29 | 314 | 4:40 | 2.00  | 10:57 | 5:28   | 86  | 4:29  | 193 | 4:40  |
| Runde Langstrec | 2.00 | 10:10 | 5:04   | 77 | 3:28 | 275 | 3:47 | 4.00  | 21:07 | 5:16   | 131 | 7:57  | 189 | 8:27  |
| Runde Langstrec | 2.00 | 10:15 | 5:07   | 78 | 3:23 | 274 | 3:47 | 6.00  | 31:22 | 5:13   | 120 | 11:20 | 219 | 12:14 |
| Runde Langstrec | 2.00 | 10:26 | 5:13   | 81 | 3:40 | 285 | 4:02 | 8.00  | 41:48 | 5:13   | 128 | 15:00 | 218 | 16:16 |
| Leichtathletikh | 2.00 | 10:27 | 5:13   | 89 | 3:40 | 319 | 4:24 | 10.00 | 52:15 | 5:13   | 79  | 18:40 | 289 | 20:40 |