



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Bauer, Dorothee

00: delicioussign

00: 1500

00: 10.00 km

Vintage VDB Lauf

0000:

Seniorinnen W30 (30-39 Jahre)

000: 51:00

00: 11.76 km/h

0000: 5:06 min/km

00000/000: 292 (of 637)

00000/0: 27 (of 144)

000000: 38:07

00000: 10(of 39)

0000000: 38:07

0000

0000

000

| 000               | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 9:41     | 4:50         | 5       | 2:21    | 13      | 2:21    | 2.00      | 9:41      | 4:50          | 18      | 0:07    | 127     | 2:21    |
| Runde Langstrec   | 2.00     | 10:15    | 5:07         | 12      | 2:38    | 35      | 2:38    | 4.00      | 19:56     | 4:59          | 18      | 0:56    | 127     | 4:59    |
| Runde Langstrec   | 2.00     | 10:21    | 5:10         | 11      | 2:35    | 34      | 2:35    | 6.00      | 30:17     | 5:02          | 18      | 1:56    | 127     | 7:34    |
| Runde Langstrec   | 2.00     | 10:28    | 5:14         | 12      | 2:42    | 33      | 2:42    | 8.00      | 40:45     | 5:05          | 17      | 3:00    | 118     | 10:16   |
| Leichtathletikhal | 2.00     | 10:15    | 5:07         | 10      | 2:37    | 33      | 2:37    | 10.00     | 51:00     | 5:05          | 10      | 12:53   | 27      | 12:53   |