



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Steinbeck, Frank

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Club: Großbreitenbacher Ski Verein

Age: 1665

Distance: 10.00 km

Vintage VDB Lauf

Category: Senioren M50 (50-59 Jahre)

Time: 48:12

Speed: 12.45 km/h

Time per km: 4:49 min/km

Rank: 204 (of 637)

Rank: 190 (of 493)

Time per km: 31:35

Rank: 28 (of 103)

Time per km: 41:32

Results

Results

Results

km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Runde Langstrec	2.00	10:01	5:00	38	2:05	225	3:44	2.00	10:01	5:00	32			195	3:44
Runde Langstrec	2.00	9:12	4:35	20	0:55	166	2:49	4.00	19:13	4:48	95			464	6:33
Runde Langstrec	2.00	9:20	4:40	19	0:53	164	2:52	6.00	28:33	4:45	94			463	9:25
Runde Langstrec	2.00	9:44	4:51	27	1:13	195	3:20	8.00	38:17	4:47	94			458	12:45
Leichtathletikhal	2.00	9:55	4:57	45	1:42	259	3:52	10.00	48:12	4:49	28	6:40		190	16:37