



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

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Dreißigacker, Kristin

00: Solz

00: 1509

00: 10.00 km

Vintage VDB Lauf

0000:

Frauen (20-29 Jahre)

000: 49:57

00: 12.01 km/h

0000: 5:00 min/km

00000/000: 256 (of 637)

00000/0: 20 (of 144)

000000: 38:07

00000: 9(of 24)

0000000: 42:00

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   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 11:36    | 5:47         | 14      | 3:09    | 70      | 4:16    | 2.00  | 11:36     | 5:47      | 6             |         |         | 42      | 4:16    |
| Runde Langstrec   | 2.00     | 9:36     | 4:47         | 8       | 1:09    | 14      | 1:59    | 4.00  | 21:12     | 5:17      | 6             |         |         | 131     | 6:15    |
| Runde Langstrec   | 2.00     | 9:36     | 4:47         | 7       | 1:15    | 14      | 1:50    | 6.00  | 30:48     | 5:08      | 6             |         |         | 131     | 8:05    |
| Runde Langstrec   | 2.00     | 9:42     | 4:50         | 7       | 1:15    | 13      | 1:56    | 8.00  | 40:30     | 5:03      | 6             |         |         | 122     | 10:01   |
| Leichtathletikhal | 2.00     | 9:27     | 4:43         | 7       | 1:09    | 13      | 1:49    | 10.00 | 49:57     | 4:59      | 9             | 7:57    |         | 20      | 11:50   |