



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Seiler, Christian

Seiler, Christian

Club: Rennsteiglaufverein

Age: 1670

Distance: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Time: 32:01

Speed: 18.74 km/h

Pace: 3:12 min/km

Rank/Total: 3 (of 637)

Rank/Category: 3 (of 493)

Rank/Distance: 31:35

Rank/Category: 1(of 133)

Rank/Distance: 32:01

Results

Results

Results

km	km	min/km	-	-	-	-	km	km	min/km	-	-	-	-
2.00	6:17	3:08	1	-	1	-	2.00	6:17	3:08	1	-	1	-
4.00	12:40	3:09	1	-	1	-	4.00	12:40	3:09	1	-	1	-
6.00	19:08	3:11	1	-	1	-	6.00	19:08	3:11	1	-	1	-
8.00	25:32	3:11	1	-	1	-	8.00	25:32	3:11	1	-	1	-
10.00	32:01	3:12	1	-	3	0:26	10.00	32:01	3:12	1	-	3	0:26