



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Winkler, Benjamin

Winkler, Benjamin

LSV Schmölln

1590

10.00 km

Vintage VDB Lauf

Männer:

Männer (20-29 Jahre)

38:50

15.45 km/h

3:53 min/km

26 (of 637)

25 (of 493)

31:35

12(of 69)

31:35

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| Wettbewerb        | 200m | 400m | 800m   | 1600m | 3200m | 6400m | 12800m | 2000m | 4000m | 8000m  | 16000m | 32000m | 64000m | 128000m |
|-------------------|------|------|--------|-------|-------|-------|--------|-------|-------|--------|--------|--------|--------|---------|
|                   | km   | km   | min/km | -     | -     | min   | min    | km    | km    | min/km | -      | -      | min    | min     |
| Runde Langstrecke | 2.00 | 7:26 | 3:43   | 12    | 1:09  | 27    | 1:09   | 2.00  | 7:26  | 3:43   | 42     |        | 23     | 1:09    |
| Runde Langstrecke | 2.00 | 7:49 | 3:54   | 12    | 1:26  | 31    | 1:26   | 4.00  | 15:15 | 3:48   | 42     |        | 20     | 2:35    |
| Runde Langstrecke | 2.00 | 8:01 | 4:00   | 12    | 1:33  | 29    | 1:33   | 6.00  | 23:16 | 3:52   | 42     |        | 20     | 4:08    |
| Runde Langstrecke | 2.00 | 7:57 | 3:58   | 12    | 1:33  | 27    | 1:33   | 8.00  | 31:13 | 3:54   | 41     |        | 19     | 5:41    |
| Leichtathletikhal | 2.00 | 7:37 | 3:48   | 12    | 1:34  | 20    | 1:34   | 10.00 | 38:50 | 3:53   | 12     | 7:15   | 25     | 7:15    |