



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Seckel, Toni

Seckel, Toni

Topder activ

1682

10.00 km

Vintage VDB Lauf

Senioren M30 (30-39 Jahre)

40:15

14.91 km/h

4:02 min/km

42 (of 637)

41 (of 493)

31:35

17(of 133)

32:01

Seckel, Toni

Seckel, Toni

Seckel, Toni

km	min/km	-	-	km	min/km	-	-
2.00	8:02	4:00	19	1:45	47	1:45	2.00
2.00	7:53	3:56	15	1:30	35	1:30	4.00
2.00	8:08	4:03	15	1:40	36	1:40	6.00
2.00	8:07	4:03	13	1:43	34	1:43	8.00
2.00	8:05	4:02	22	1:36	48	2:02	10.00