



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Seehof, Frank

SV 1922 Thamsbrück

1620

10.00 km

Vintage VDB Lauf

Senioren M40 (40-49 Jahre)

45:24

13.22 km/h

4:32 min/km

145 (of 637)

139 (of 493)

31:35

40(of 135)

33:35

Seehof, Frank

Seehof, Frank

Seehof, Frank

| Runde               | km   | min/km | -    | -  | km   | min/km | -    | - | km    | min/km | -    | -  | km    | min/km |       |
|---------------------|------|--------|------|----|------|--------|------|---|-------|--------|------|----|-------|--------|-------|
|                     | km   | min/km | -    | -  | km   | min/km | -    | - | km    | min/km | -    | -  | km    | min/km |       |
| Runde Langstrecke   | 2.00 | 8:56   | 4:28 | 34 | 2:28 | 119    | 2:39 |   | 2.00  | 8:56   | 4:28 | 21 | 2:28  | 92     | 2:39  |
| Runde Langstrecke   | 2.00 | 9:04   | 4:31 | 42 | 2:22 | 149    | 2:41 |   | 4.00  | 18:00  | 4:30 | 21 | 4:50  | 87     | 5:20  |
| Runde Langstrecke   | 2.00 | 9:09   | 4:34 | 34 | 2:17 | 137    | 2:41 |   | 6.00  | 27:09  | 4:31 | 21 | 7:07  | 92     | 8:01  |
| Runde Langstrecke   | 2.00 | 9:16   | 4:38 | 37 | 2:30 | 139    | 2:52 |   | 8.00  | 36:25  | 4:33 | 20 | 9:37  | 91     | 10:53 |
| Leichtathletikhalle | 2.00 | 8:59   | 4:29 | 36 | 2:12 | 138    | 2:56 |   | 10.00 | 45:24  | 4:32 | 40 | 11:49 | 139    | 13:49 |