



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Glomb, Agnieszka

Glomb, Agnieszka

exaktaktiv Rosenheim

1520

10.00 km

Vintage VDB Lauf

Frauen (20-29 Jahre)

Frauen (20-29 Jahre)

43:47

13.70 km/h

4:23 min/km

97 (of 637)

4 (of 144)

38:07

2(of 24)

42:00

Glomb, Agnieszka

Glomb, Agnieszka

Glomb, Agnieszka

| 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 Langstrec   | 2.00 | 8:42   | 4:20 | 2 | 0:15 | 4      | 1:22 |   | 2.00  | 8:42   | 4:20 | 24 | 4    | 1:22   |      |
| Runde Langstrec   | 2.00 | 8:40   | 4:19 | 2 | 0:13 | 4      | 1:03 |   | 4.00  | 17:22  | 4:20 | 24 | 4    | 2:25   |      |
| Runde Langstrec   | 2.00 | 8:46   | 4:23 | 2 | 0:25 | 3      | 1:00 |   | 6.00  | 26:08  | 4:21 | 24 | 4    | 3:25   |      |
| Runde Langstrec   | 2.00 | 8:59   | 4:29 | 3 | 0:32 | 4      | 1:13 |   | 8.00  | 35:07  | 4:23 | 23 | 4    | 4:38   |      |
| Leichtathletikhal | 2.00 | 8:40   | 4:19 | 2 | 0:22 | 3      | 1:02 |   | 10.00 | 43:47  | 4:22 | 2  | 1:47 | 4      | 5:40 |