



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Stengel, Alexander

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Team: LTV Erfurt

Age: 1270

Distance: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Time: 45:21

Speed: 13.23 km/h

Pace: 4:32 min/km

Rank: 142 (of 637)

Rank: 137 (of 493)

Rank: 31:35

Rank: 39 (of 135)

Rank: 33:35

Results

Results

Results

km	Time	Pace	Rank	km	Time	Pace	Rank
2.00	9:14	4:36	40	2.00	9:14	4:36	24
4.00	18:04	4:30	29	4.00	18:04	4:30	24
6.00	27:17	4:32	39	6.00	27:17	4:32	24
8.00	36:30	4:33	32	8.00	36:30	4:33	23
10.00	45:21	4:32	29	10.00	45:21	4:32	39