



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Ernst, Tino

SV Town&Country Behringen-Sonneborn

1298

10.00 km

Vintage VDB Lauf

Senioren M30 (30-39 Jahre)

45:11

13.28 km/h

4:31 min/km

134 (of 637)

129 (of 493)

31:35

51(of 133)

32:01

Ernst, Tino

Ernst, Tino

Ernst, Tino

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
2.00	9:13	4:36	49	2:56	148	2:56	2.00	9:13	4:36	40	2:56	50	2:56		
2.00	9:02	4:30	55	2:39	146	2:39	4.00	18:15	4:33	48	5:35	117	5:35		
2.00	9:09	4:34	54	2:41	137	2:41	6.00	27:24	4:33	48	8:16	117	8:16		
2.00	9:07	4:33	49	2:43	121	2:43	8.00	36:31	4:33	48	10:59	116	10:59		
2.00	8:40	4:19	45	2:11	100	2:37	10.00	45:11	4:31	51	13:10	129	13:36		