



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Witt, Ronalt

Witt, Ronalt

Oldisleben

1157

10.00 km

Vintage VDB Lauf

Senioren

Senioren M50 (50-59 Jahre)

50:11

11.96 km/h

5:01 min/km

265 (of 637)

245 (of 493)

31:35

44(of 103)

41:32

Witt, Ronalt

Witt, Ronalt

Witt, Ronalt

Witt, Ronalt	km	min	sec	min/km	-	-	Witt, Ronalt	km	min	sec	min/km	-	-	Witt, Ronalt	km
Runde Langstrec	2.00	9:43	4:51	32	1:47	202	3:26	2.00	9:43	4:51	24		151	3:26	2.00
Runde Langstrec	2.00	9:37	4:48	33	1:20	213	3:14	4.00	19:20	4:49	24		170	6:40	4.00
Runde Langstrec	2.00	10:06	5:02	48	1:39	252	3:38	6.00	29:26	4:54	23		169	10:18	6.00
Runde Langstrec	2.00	10:27	5:13	62	1:56	289	4:03	8.00	39:53	4:59	23		168	14:21	8.00
Leichtathletikhal	2.00	10:18	5:09	60	2:05	302	4:15	10.00	50:11	5:01	44	8:39	245	18:36	10.00