



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

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Bach, Matthias

□□: 1627

□□: 10.00 km

Vintage VDB Lauf

□□□□:

Senioren M40 (40-49 Jahre)

□□□: 49:12

□□: 12.20 km/h

□□□□: 4:55 min/km

□□□□□/□□□: 236 (of 637)

□□□□□/□: 220 (of 493)

□□□□□□: 31:35

□□□□□: 66(of 135)

□□□□□□□: 33:35

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Runde	km	min	km	-	-	km	min	km	min	km	-	-	km	min
	km	min	km	-	-	km	min	km	min	km	-	-	km	min
Runde Langstrec	2.00	10:38	5:18	77	4:10	285	4:21	2.00	10:38	5:18	37	4:10	136	4:21
Runde Langstrec	2.00	9:35	4:47	60	2:53	206	3:12	4.00	20:13	5:03	51	7:03	177	7:33
Runde Langstrec	2.00	9:30	4:45	54	2:38	185	3:02	6.00	29:43	4:57	49	9:41	180	10:35
Runde Langstrec	2.00	9:43	4:51	58	2:57	194	3:19	8.00	39:26	4:55	50	12:38	184	13:54
Leichtathletikhal	2.00	9:46	4:53	67	2:59	232	3:43	10.00	49:12	4:55	66	15:37	220	17:37