



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Rohr, Christina

00: Heidelberg

00: 1007

00: 10.00 km

Vintage VDB Lauf

0000:

Frauen (20-29 Jahre)

000: 49:11

00: 12.20 km/h

0000: 4:55 min/km

00000/000: 235 (of 637)

00000/0: 16 (of 144)

000000: 38:07

00000: 8(of 24)

0000000: 42:00

0000

0000

000

| 000               | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 11:21    | 5:40         | 12      | 2:54    | 61      | 4:01    | 2.00  | 11:21     | 5:40      | 21            |         |         | 15      | 4:01    |
| Runde Langstrec   | 2.00     | 9:46     | 4:53         | 9       | 1:19    | 20      | 2:09    | 4.00  | 21:07     | 5:16      | 21            |         |         | 15      | 6:10    |
| Runde Langstrec   | 2.00     | 9:27     | 4:43         | 5       | 1:06    | 9       | 1:41    | 6.00  | 30:34     | 5:05      | 21            |         |         | 15      | 7:51    |
| Runde Langstrec   | 2.00     | 9:18     | 4:39         | 5       | 0:51    | 8       | 1:32    | 8.00  | 39:52     | 4:59      | 20            |         |         | 15      | 9:23    |
| Leichtathletikhal | 2.00     | 9:19     | 4:39         | 6       | 1:01    | 10      | 1:41    | 10.00 | 49:11     | 4:55      | 8             | 7:11    |         | 16      | 11:04   |