



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Paris, Thomas

Paris, Thomas

City: Erfurt

Age: 1184

Distance: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Time: 56:31

Speed: 10.62 km/h

Pace: 5:39 min/km

Rank: 463 (of 637)

Rank: 396 (of 493)

Rank: 31:35

Rank: 110 (of 133)

Rank: 32:01

Rank

Rank

Rank

Rank	km	Time	Pace	Rank	km	Time	Pace	Rank	km	Time	Pace	Rank	km	Time	Pace
Runde Langstrec	2.00	12:46	6:23	126	6:29	470	6:29	2.00	12:46	6:23	78	6:29	264	6:29	
Runde Langstrec	2.00	10:57	5:28	106	4:34	385	4:34	4.00	23:43	5:55	78	11:03	264	11:03	
Runde Langstrec	2.00	10:51	5:25	100	4:23	354	4:23	6.00	34:34	5:45	78	15:26	263	15:26	
Runde Langstrec	2.00	11:04	5:31	103	4:40	368	4:40	8.00	45:38	5:42	78	20:06	262	20:06	
Leichtathletikhal	2.00	10:53	5:26	104	4:24	369	4:50	10.00	56:31	5:39	110	24:30	396	24:56	