



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Bartholome, Frank

Die flinken Gerateler

1667

10.00 km

Vintage VDB Lauf

Senioren M60 (60-69 Jahre)

1:01:54

9.69 km/h

6:11 min/km

585 (of 637)

467 (of 493)

31:35

21(of 24)

43:58

Bartholome, Frank

Bartholome, Frank

Bartholome, Frank

| Runde             | km   | min/km | -    | -  | km   | min/km | -    | - | km    | min/km  | -    | -  | km    | min/km |       |
|-------------------|------|--------|------|----|------|--------|------|---|-------|---------|------|----|-------|--------|-------|
|                   | km   | min/km | -    | -  | km   | min/km | -    | - | km    | min/km  | -    | -  | km    | min/km |       |
| Runde Langstrecke | 2.00 | 13:05  | 6:32 | 22 | 4:37 | 477    | 6:48 |   | 2.00  | 13:05   | 6:32 | 4  | 2:23  | 274    | 6:48  |
| Runde Langstrecke | 2.00 | 12:22  | 6:11 | 21 | 3:35 | 478    | 5:59 |   | 4.00  | 25:27   | 6:21 | 19 | 4:24  | 274    | 12:47 |
| Runde Langstrecke | 2.00 | 12:30  | 6:15 | 21 | 3:34 | 471    | 6:02 |   | 6.00  | 37:57   | 6:19 | 19 | 6:30  | 273    | 18:49 |
| Runde Langstrecke | 2.00 | 12:06  | 6:02 | 20 | 3:07 | 449    | 5:42 |   | 8.00  | 50:03   | 6:15 | 18 | 7:59  | 272    | 24:31 |
| Leichtathletikhal | 2.00 | 11:51  | 5:55 | 19 | 3:03 | 439    | 5:48 |   | 10.00 | 1:01:54 | 6:11 | 21 | 17:56 | 467    | 30:19 |