



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Matthes, Jan

Matthes, Jan

Lauftreff Breitung

1557

10.00 km

Vintage VDB Lauf

Senioren

Senioren M50 (50-59 Jahre)

59:25

10.10 km/h

5:56 min/km

540 (of 637)

449 (of 493)

31:35

94(of 103)

41:32

Matthes, Jan

Matthes, Jan

Matthes, Jan

| km    | min/km | -    | -  | km    | min/km | -     | - |
|-------|--------|------|----|-------|--------|-------|---|
| 2.00  | 11:10  | 5:34 | 71 | 3:14  | 337    | 4:53  |   |
| 2.00  | 11:37  | 5:48 | 98 | 3:20  | 454    | 5:14  |   |
| 2.00  | 12:15  | 6:07 | 97 | 3:48  | 463    | 5:47  |   |
| 2.00  | 12:14  | 6:06 | 95 | 3:43  | 455    | 5:50  |   |
| 2.00  | 12:09  | 6:04 | 96 | 3:56  | 450    | 6:06  |   |
| 2.00  | 11:10  | 5:34 | 48 | 1:05  | 250    | 4:53  |   |
| 4.00  | 22:47  | 5:41 | 55 | 2:30  | 280    | 10:07 |   |
| 6.00  | 35:02  | 5:50 | 54 | 4:33  | 279    | 15:54 |   |
| 8.00  | 47:16  | 5:54 | 54 | 6:31  | 278    | 21:44 |   |
| 10.00 | 59:25  | 5:56 | 94 | 17:53 | 449    | 27:50 |   |