



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Seehof, Manuela

1621

10.00 km

Vintage VDB Lauf

Seniorinnen W30 (30-39 Jahre)

56:28

10.63 km/h

5:39 min/km

458 (of 637)

65 (of 144)

38:07

19(of 39)

38:07

Seehof, Manuela

Seehof, Manuela

Seehof, Manuela

km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
2.00	11:00	5:30	18	3:40	48	3:40	2.00	11:00	5:30	11	1:26	44	3:40	2.00	11:07
2.00	11:07	5:33	19	3:30	63	3:30	4.00	22:07	5:31	11	3:07	44	7:10	2.00	11:31
2.00	11:31	5:45	25	3:45	79	3:45	6.00	33:38	5:36	11	5:17	44	10:55	2.00	11:40
2.00	11:40	5:49	23	3:54	79	3:54	8.00	45:18	5:39	11	7:33	44	14:49	2.00	11:10
2.00	11:10	5:34	20	3:32	69	3:32	10.00	56:28	5:38	19	18:21	65	18:21		