



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Demuth, Cornelia

00: Marburg

00: 1315

00: 10.00 km

Vintage VDB Lauf

0000:

Frauen (20-29 Jahre)

000: 58:39

00: 10.23 km/h

0000: 5:52 min/km

00000/000: 519 (of 637)

00000/0: 85 (of 144)

000000: 38:07

00000: 16(of 24)

0000000: 42:00

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0000

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| Runde               | km   | min   | min/km | -  | -    | km | min  | km    | min   | min/km | -  | -     | km | min   |
|---------------------|------|-------|--------|----|------|----|------|-------|-------|--------|----|-------|----|-------|
|                     | km   | min   | min/km | -  | -    | km | min  | km    | min   | min/km | -  | -     | km | min   |
| Runde Langstrecke   | 2.00 | 11:51 | 5:55   | 18 | 3:24 | 82 | 4:31 | 2.00  | 11:51 | 5:55   | 15 | 0:01  | 52 | 4:31  |
| Runde Langstrecke   | 2.00 | 11:27 | 5:43   | 16 | 3:00 | 81 | 3:50 | 4.00  | 23:18 | 5:49   | 15 |       | 52 | 8:21  |
| Runde Langstrecke   | 2.00 | 11:46 | 5:53   | 16 | 3:25 | 88 | 4:00 | 6.00  | 35:04 | 5:50   | 15 |       | 52 | 12:21 |
| Runde Langstrecke   | 2.00 | 11:53 | 5:56   | 18 | 3:26 | 89 | 4:07 | 8.00  | 46:57 | 5:52   | 14 |       | 52 | 16:28 |
| Leichtathletikhalle | 2.00 | 11:42 | 5:50   | 18 | 3:24 | 91 | 4:04 | 10.00 | 58:39 | 5:51   | 16 | 16:39 | 85 | 20:32 |