



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Zelle, Monique

00: Dream Team Ilmenau

00: 1218

00: 10.00 km

Vintage VDB Lauf

0000:

Seniorinnen W40 (40-49 Jahre)

000: 52:09

00: 11.51 km/h

0000: 5:13 min/km

00000/000: 319 (of 637)

00000/0: 33 (of 144)

000000: 38:07

00000: 8(of 45)

0000000: 46:20

0000

0000

000

| 000               | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 10:06    | 5:02         | 4       | 0:25    | 23      | 2:46    | 2.00  | 10:06     | 5:02          | 43      |         | 69      | 2:46    |
| Runde Langstrec   | 2.00     | 10:16    | 5:08         | 9       | 1:06    | 38      | 2:39    | 4.00  | 20:22     | 5:05          | 43      |         | 69      | 5:25    |
| Runde Langstrec   | 2.00     | 10:35    | 5:17         | 9       | 1:21    | 40      | 2:49    | 6.00  | 30:57     | 5:09          | 42      | 0:18    | 69      | 8:14    |
| Runde Langstrec   | 2.00     | 10:48    | 5:24         | 12      | 1:34    | 42      | 3:02    | 8.00  | 41:45     | 5:13          | 21      |         | 69      | 11:16   |
| Leichtathletikhal | 2.00     | 10:24    | 5:12         | 10      | 1:25    | 37      | 2:46    | 10.00 | 52:09     | 5:12          | 8       | 5:49    | 33      | 14:02   |