



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Stiehler, Uwe

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Club: Tauchsportclub Erfurt e.V.

Age: 1480

Distance: 10.00 km

Vintage VDB Lauf

Category: Senioren M50 (50-59 Jahre)

Time: 48:52

Speed: 12.28 km/h

Time per km: 4:53 min/km

Rank: 227 (of 637)

Rank: 212 (of 493)

Time per km: 31:35

Rank: 34 (of 103)

Time per km: 41:32

Rank

Rank

Rank

Rank	km	Time	min/km	-	-	Rank	Rank	km	Time	min/km	-	-	Rank	Rank
Runde Langstrec	2.00	10:20	5:10	47	2:24	251	4:03	2.00	10:20	5:10	65	0:15	320	4:03
Runde Langstrec	2.00	9:43	4:51	36	1:26	221	3:20	4.00	20:03	5:00	73		181	7:23
Runde Langstrec	2.00	9:41	4:50	31	1:14	205	3:13	6.00	29:44	4:57	72		352	10:36
Runde Langstrec	2.00	9:41	4:50	25	1:10	186	3:17	8.00	39:25	4:55	72		179	13:53
Leichtathletikhal	2.00	9:27	4:43	27	1:14	194	3:24	10.00	48:52	4:53	34	7:20	212	17:17