



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Heilwagen, Heike

Heilwagen, Heike

1617

10.00 km

Vintage VDB Lauf

Seniorinnen

W50 (50-59 Jahre)

1:01:47

9.71 km/h

6:11 min/km

581 (of 637)

117 (of 144)

38:07

18(of 25)

47:51

Heilwagen, Heike

Heilwagen, Heike

Heilwagen, Heike

km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
2.00	12:06	6:02	12	2:55	88	4:46		2.00	12:06	6:02	17		70	4:46	
2.00	12:08	6:03	16	2:42	115	4:31		4.00	24:14	6:03	17		78	9:17	
2.00	12:21	6:10	18	2:45	118	4:35		6.00	36:35	6:05	17		78	13:52	
2.00	12:38	6:18	18	2:49	119	4:52		8.00	49:13	6:09	15	0:13	78	18:44	
2.00	12:34	6:16	19	2:45	121	4:56		10.00	1:01:47	6:10	18	13:56	117	23:40	