



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Adams, Ralph

Adams, Ralph

City: Erfurt

Age: 1201

Distance: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Time: 55:09

Speed: 10.88 km/h

Pace: 5:31 min/km

Rank/Total: 425 (of 637)

Rank/Category: 372 (of 493)

Rank/Distance: 31:35

Rank/Category: 102 (of 135)

Rank/Distance: 33:35

Results

Results

Results

Run	km	Time	Pace	Rank	Category	Rank	Category	Run	km	Time	Pace	Rank	Category	Rank	Category
Runde Langstrec	2.00	11:52	5:56	114	5:24	413	5:35	2.00	11:52	5:56	109	5:24	330	5:35	
Runde Langstrec	2.00	10:45	5:22	98	4:03	360	4:22	4.00	22:37	5:39	109	9:27	394	9:57	
Runde Langstrec	2.00	11:03	5:31	107	4:11	377	4:35	6.00	33:40	5:36	109	13:38	291	14:32	
Runde Langstrec	2.00	11:01	5:30	103	4:15	363	4:37	8.00	44:41	5:35	107	17:53	267	19:09	
Leichtathletikhal	2.00	10:28	5:14	91	3:41	323	4:25	10.00	55:09	5:30	102	21:34	372	23:34	