



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Reinhöfer, Frances

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Club: LTV Erfurt

Age: 1469

Distance: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W30 (30-39 Jahre)

Time: 46:47

Speed: 12.83 km/h

Pace: 4:41 min/km

Rank: 178 (of 637)

Rank: 9 (of 144)

Rank: 38:07

Rank: 3(of 39)

Rank: 38:07

Results

Results

Results

km	Time	Pace	Rank	km	Time	Pace	Rank
km	Time	Pace	Rank	km	Time	Pace	Rank
Runde Langstrec	2.00	9:34	4:46	3	2:14	11	2:14
Runde Langstrec	2.00	9:26	4:43	3	1:49	9	1:49
Runde Langstrec	2.00	9:21	4:40	3	1:35	8	1:35
Runde Langstrec	2.00	9:24	4:42	3	1:38	10	1:38
Leichtathletikhal	2.00	9:02	4:30	3	1:24	8	1:24
2.00	9:34	4:46	3	2:14	11	2:14	
4.00	19:00	4:45	1	-	-	102	4:03
6.00	28:21	4:43	1	-	-	102	5:38
8.00	37:45	4:43	1	-	-	98	7:16
10.00	46:47	4:40	3	8:40	9	8:40	