



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

0000

Kolarzik, Jürgen

00: 1672

00: 10.00 km

Vintage VDB Lauf

0000:

Senioren M40 (40-49 Jahre)

000: 44:55

00: 13.36 km/h

0000: 4:29 min/km

00000/000: 126 (of 637)

00000/0: 121 (of 493)

000000: 31:35

00000: 32(of 135)

0000000: 33:35

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>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde Langstrec   | 2.00     | 9:23     | 4:41         | 42      | 2:55    | 169     | 3:06    | 2.00  | 9:23      | 4:41      | 30            | 2:55    | 113     | 3:06    |         |
| Runde Langstrec   | 2.00     | 8:54     | 4:27         | 34      | 2:12    | 132     | 2:31    | 4.00  | 18:17     | 4:34      | 32            | 5:07    | 119     | 5:37    |         |
| Runde Langstrec   | 2.00     | 8:54     | 4:27         | 24      | 2:02    | 104     | 2:26    | 6.00  | 27:11     | 4:31      | 122           | 7:09    | 101     | 8:03    |         |
| Runde Langstrec   | 2.00     | 9:04     | 4:31         | 25      | 2:18    | 113     | 2:40    | 8.00  | 36:15     | 4:31      | 120           | 9:27    | 426     | 10:43   |         |
| Leichtathletikhal | 2.00     | 8:40     | 4:19         | 19      | 1:53    | 100     | 2:37    | 10.00 | 44:55     | 4:29      | 32            | 11:20   | 121     | 13:20   |         |