



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

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Jesse, Mario

00: Hobby

00: 1145

00: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

0000:

Senioren M50 (50-59 Jahre)

000: 46:57

00: 12.78 km/h

0000: 4:42 min/km

00000/000: 212 (of 618)

00000/0: 198 (of 500)

000000: 31:03

00000: 20(of 89)

0000000: 36:19

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|                   | 00   | 00   | 00     | 00 | 00   | 00  | 00   | 000   | 000   | 000    | 00 | 00    | 00  | 00    |
|-------------------|------|------|--------|----|------|-----|------|-------|-------|--------|----|-------|-----|-------|
|                   | km   | 00   | min/km | -  | -    | 0   | 0    | km    | 00    | min/km | -  | -     | 0   | 0     |
| Runde             | 2.00 | 9:31 | 4:45   | 29 | 2:31 | 218 | 3:28 | 2.00  | 9:31  | 4:45   | 14 | 1:07  | 61  | 1:01  |
| Runde             | 2.00 | 9:06 | 4:32   | 15 | 1:48 | 169 | 3:00 | 4.00  | 18:37 | 4:39   | 69 |       | 138 | 6:19  |
| Runde             | 2.00 | 9:22 | 4:41   | 17 | 2:01 | 197 | 3:08 | 6.00  | 27:59 | 4:39   | 69 |       | 258 | 9:27  |
| Runde             | 2.00 | 9:38 | 4:48   | 23 | 2:17 | 214 | 3:22 | 8.00  | 37:37 | 4:42   | 69 |       | 258 | 12:49 |
| Leichtathletikhal | 2.00 | 9:20 | 4:40   | 22 | 2:01 | 211 | 3:09 | 10.00 | 46:57 | 4:41   | 20 | 10:38 | 199 | 20:29 |