



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Herzer, Heiko

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| Herzer, Heiko       | km   | min   | min/km | -   | -    | km  | min  | km    | min   | min/km | -  | -     | km  | min   |
|---------------------|------|-------|--------|-----|------|-----|------|-------|-------|--------|----|-------|-----|-------|
| Runde               | 2.00 | 12:06 | 6:02   | 100 | 5:21 | 478 | 6:03 | 2.00  | 12:06 | 6:02   | 50 | 3:38  | 249 | 3:36  |
| Runde               | 2.00 | 11:22 | 5:41   | 94  | 4:27 | 452 | 5:16 | 4.00  | 23:28 | 5:51   | 70 | 6:19  | 332 | 11:10 |
| Runde               | 2.00 | 11:21 | 5:40   | 91  | 4:16 | 441 | 5:07 | 6.00  | 34:49 | 5:48   | 70 | 8:57  | 340 | 16:17 |
| Runde               | 2.00 | 12:04 | 6:01   | 96  | 4:57 | 461 | 5:48 | 8.00  | 46:53 | 5:51   | 70 | 12:14 | 340 | 22:05 |
| Leichtathletikhalle | 2.00 | 12:04 | 6:01   | 98  | 5:16 | 471 | 5:53 | 10.00 | 58:57 | 5:53   | 96 | 24:16 | 466 | 32:29 |