



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

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Morstedt, Udo

□□: LSV Neunheilingen

□□: 922

□□: 10.00 km

Wertungslauf um den Braugold-Pokal

□□□□:

Senioren M40 (40-49 Jahre)

□□□: 47:05

□□: 12.74 km/h

□□□□: 4:43 min/km

□□□□□/□□□: 224 (of 686)

□□□□□/□: 205 (of 543)

□□□□□□: 29:39

□□□□□: 68(of 178)

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	2.00	9:12	4:35	49	2:01	155	3:10	2.00	9:12	4:35	151	1:13	363	3:10
Runde	2.00	9:22	4:41	79	2:02	223	3:25	4.00	18:34	4:38	150	1:18	440	6:35
Runde	2.00	9:33	4:46	83	1:58	237	3:38	6.00	28:07	4:41	131	6:01	391	10:13
Runde	2.00	9:37	4:48	79	1:52	231	3:42	8.00	37:44	4:43	148	7:53	159	13:55
Leichtathletikhall	2.00	9:21	4:40	80	1:53	226	3:31	10.00	47:05	4:42	68	9:38	205	17:26