



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Reichardt, Andreas

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km: Ingersleben

km: 1385

km: 10.00 km

Wertungslauf um den Braugold-Pokal

km:

Senioren M40 (40-49 Jahre)

km: 1:00:21

km: 9.94 km/h

km: 6:02 min/km

km/1000: 629 (of 686)

km/100: 513 (of 543)

km: 29:39

km: 171(of 178)

km: 37:27

km

km

km

| km                  | km   | km    | km     | km  | km   | km  | km   | km    | km      | km   | km     | km    | km  | km    |
|---------------------|------|-------|--------|-----|------|-----|------|-------|---------|------|--------|-------|-----|-------|
| km                  | km   | km    | min/km | -   | -    | -   | -    | km    | km      | km   | min/km | -     | -   | -     |
| Runde               | 2.00 | 13:02 | 6:30   | 177 | 5:51 | 530 | 7:00 | 2.00  | 13:02   | 6:30 | 153    | 5:03  | 459 | 7:00  |
| Runde               | 2.00 | 11:55 | 5:57   | 176 | 4:35 | 522 | 5:58 | 4.00  | 24:57   | 6:14 | 152    | 7:41  | 457 | 12:58 |
| Runde               | 2.00 | 11:43 | 5:51   | 167 | 4:08 | 499 | 5:48 | 6.00  | 36:40   | 6:06 | 151    | 14:34 | 456 | 18:46 |
| Runde               | 2.00 | 11:54 | 5:57   | 167 | 4:09 | 503 | 5:59 | 8.00  | 48:34   | 6:04 | 150    | 18:43 | 455 | 24:45 |
| Leichtathletikhalle | 2.00 | 11:47 | 5:53   | 166 | 4:19 | 500 | 5:57 | 10.00 | 1:00:21 | 6:02 | 171    | 22:54 | 513 | 30:42 |