



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

□□□□

Heinzeroth, Jörg

□□: Werratal Runners

□□: 915

□□: 10.00 km

Wertungslauf um den Braugold-Pokal

□□□□:

Senioren M40 (40-49 Jahre)

□□□: 42:34

□□: 14.10 km/h

□□□□: 4:16 min/km

□□□□□/□□□: 85 (of 686)

□□□□□/□: 76 (of 543)

□□□□□□: 29:39

□□□□□: 20(of 178)

□□□□□□□: 37:27

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	2.00	8:16	4:08	22	1:05	76	2:14	2.00	8:16	4:08	23	0:17	82	2:14	
Runde	2.00	8:38	4:18	33	1:18	105	2:41	4.00	16:54	4:13	23		81	4:55	
Runde	2.00	8:41	4:20	30	1:06	98	2:46	6.00	25:35	4:15	22	3:29	80	7:41	
Runde	2.00	8:46	4:23	28	1:01	88	2:51	8.00	34:21	4:17	21	4:30	65	10:32	
Leichtathletikhaf	2.00	8:13	4:06	15	0:45	62	2:23	10.00	42:34	4:15	20	5:07	76	12:55	