



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Stutzig, Henrik

Kategorie: Katholische Laufjugend Arn

Stutzig, Henrik

Stutzig, Henrik

Wertungslauf um den Braugold-Pokal

Stutzig, Henrik

Senioren M30 (30-39 Jahre)

Zeit: 45:46

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| Stutzig, Henrik    | km   | min  | min/km | -  | -    | Stutzig, Henrik | Stutzig, Henrik | km    | min   | min/km | -  | -     | Stutzig, Henrik | Stutzig, Henrik |
|--------------------|------|------|--------|----|------|-----------------|-----------------|-------|-------|--------|----|-------|-----------------|-----------------|
| Runde              | 2.00 | 8:23 | 4:11   | 21 | 1:58 | 82              | 2:21            | 2.00  | 8:23  | 4:11   | 25 | 1:58  | 76              | 2:21            |
| Runde              | 2.00 | 8:49 | 4:24   | 43 | 2:17 | 136             | 2:52            | 4.00  | 17:12 | 4:17   | 35 | 4:15  | 129             | 5:13            |
| Runde              | 2.00 | 9:29 | 4:44   | 67 | 2:49 | 224             | 3:34            | 6.00  | 26:41 | 4:26   | 35 | 7:04  | 128             | 8:47            |
| Runde              | 2.00 | 9:53 | 4:56   | 75 | 3:25 | 266             | 3:58            | 8.00  | 36:34 | 4:34   | 35 | 10:29 | 127             | 12:45           |
| Leichtathletikhall | 2.00 | 9:12 | 4:35   | 58 | 2:59 | 198             | 3:22            | 10.00 | 45:46 | 4:34   | 48 | 13:28 | 167             | 16:07           |