



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Ellinger, Dirk

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein

Age: 1481

Distance: 10.00 km

Wertungslauf um den Braugold-Pokal

Category: Senioren M40 (40-49 Jahre)

Time: 49:40

Speed: 12.08 km/h

Time per km: 4:58 min/km

Rank: 323 (of 686)

Rank: 292 (of 543)

Time per km: 29:39

Rank: 99 (of 178)

Time per km: 37:27

Results

Results

Results

	km	Time	min/km	-	-	Rank	Rank	km	Time	min/km	-	-	Rank	Rank
Runde	2.00	9:51	4:55	79	2:40	240	3:49	2.00	9:51	4:55	76	1:52	197	3:49
Runde	2.00	9:46	4:53	100	2:26	297	3:49	4.00	19:37	4:54	76	2:21	176	7:38
Runde	2.00	9:57	4:58	104	2:22	302	4:02	6.00	29:34	4:55	75	7:28	195	11:40
Runde	2.00	10:09	5:04	109	2:24	322	4:14	8.00	39:43	4:57	74	9:52	194	15:54
Leichtathletikhall	2.00	9:57	4:58	111	2:29	322	4:07	10.00	49:40	4:58	99	12:13	292	20:01